University of Alberta

The relationship among physical self-discrepancies, affect responses and behavioural intentions to exercise.

by

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Introduction

Regular physical activity has been identified as the superhero of the 21st century. Participation in regular physical activity may protect people from many current health concerns. Physical activity is a means of preventing and treating several chronic diseases, minor aches and pains, as well as some psychological problems (Fox, 1999 and Sesso, Paffenbarger, & Lee, 2000). Significant health benefits may take place from regular physical activity such as reduced blood pressure, body fat, and stress to name a few (Stewart, 2002). The reduction of these three health indicators alone may reduce the risk of multiple diseases such as cardiovascular disease, cancer, and diabetes.

Despite the health benefits, most Canadians continue to lead inactive lifestyles. According to the 2000/01 Canadian Community Health Survey (CCHS) the majority of Canadians (56%) are physically inactive while Albertans are only slightly less inactive at 52%. Currently women are less active than men, 59% and 53% respectively (CCHS, 2000/01). It has also been shown that, as we age, we become less active, older women are 67% inactive while 55% of older men are inactive according to the 1998/99 National Population Health Survey. The prevalence of chronic disease and premature death due to inactive lifestyles has also risen (CCHS, 2000/01). With increases in inactivity and a rising older adult population the resilience of the Canadian health care system will be tested.

A variety of factors may shape or determine if and how people participate in health conscious activities. For instance, health behaviours may be influenced singularly or by a combination of factors that may include biological, environmental, social, and psychological. Several of these factors are hypothesized to be controlled by the individual whereas others are more externally regulated. This project will address the psychological determinants of participation in physical activity. More specifically, how self-perceptions may promote or discourage participation in exercise.

Self-Concept / Self- Perception

Within psychology, self-concept has been used as a term to define different ways of conceptualizing the self. Researchers have conceptualized self-concept differently, for example Hilgard (1949) suggests self-concept is defined as the individual as known to the individual. Freud (1933) refers to self-concept as the set of mental processes operating in the interest of satisfying inner drives. A third definition suggests that self-concept is a general stance of the self that dominates one's thoughts and feelings (Marx & Winne, 1978). As you can see there are various interpretations of self-concept. In this paper self-concept will be defined according to Rosenberg (1979), as the "totality of the individual's thoughts and feelings having reference to him/herself".

Research has shifted away from uni-dimensional theories of the self to multi-dimensional approaches (Harter, 1982; Hattie, 1992; Marsh, 1986, 1992, 1993). Within a multidimensional hierarchical model a global component sits at the apex of the model and the most specific components are at the base. Many of the self theories place self-concept or self-esteem at the apex of multidimensional hierarchical models (Marsh and Shavelson, 1985 & Fox, 1990). For example the descending hierarchy of self-concept may be the following: global self-esteem, physical self-concept, self-perception of body fatness. The more specific domains may include physical, social, emotional or academic self-concept with further sub-domains, which might consist of abilities or qualities that may comprise the domains. Some theories include even lower levels of specificity such as self-efficacy statements (Sonstroem et al., 1994).

Physical self-concept.

In view of the fact that I am interested in examining exercise behaviours I chose to study physical self-concept with the aid of the PSDQ (Marsh 1994). The PSDQ measures physical self-concept which is defined as the super-ordinate physical self-perception of the appearance and capabilities of one's body (Marsh, 1994). Figure 1 in Appendix A, is a visual representation of the structures of physical self-concept assessed by Marsh's (1994) Physical Self Description Questionnaire (PSDQ). This figure provides a visual representation of the hierarchical and multi-dimensional nature of the model. Global self-esteem is situated at the apex; physical self-concept is situated at the domain level with sub-domains of appearance, body fatness, coordination, strength, flexibility, fitness, sport competence, health, and physical activity. These sub-domains may be grouped into appearance and skill related sub-domains. The appearance related sub-domains include appearance and body fatness whereas the skill/competence related sub-domains include coordination, strength, flexibility, fitness, sport competence, health and physical activity.

Individuals may have positive or negative physical self-concepts, which may result in various behavioural consequences. Furthermore, people might hold different types of self-concepts that pertain to how they believe they actually are or how they might prefer themselves to be, for example. Discrepancies among the different physical self-concepts may result in the adoption or avoidance of exercise behaviours. An individual's motivation to exercise, or not, may stem in part from his/her physical self-concept. The main question to be addressed in the proposed research concerns the influence of different kinds of physical self-discrepancies on exercise behaviour.

Physical Self-Concept and Physical Activity.

Physical self-concept has previously been studied relative to exercise and physical activity using different models and frameworks (Fox, 2000; Sonstroem, 1998; Van Vorst, Buckworth and Craig, 2002). The exact mechanisms of the relationship between self-concept and physical activity have not been agreed upon among researchers (Bittle, 1997; Fox, 1997; Fox, 2000; Kowalski, 2001). Some researchers propose that an enhanced physical self-concept is an outcome of participation in physical activity, exercise and sport (Sonstroem & Morgan, 1989). These researchers would suggest that the physical self is altered relative to the individual's experiences of his/her body in the area of physical competence and physical appearances (Sonstroem, 1997). Others suggest that a positive self-concept is a prerequisite or a motivational force for physical activity and exercise participation (Fox, 2000).

Past studies have examined the relationship between physical activity levels and self-concept (McCauley, Mihalko & Bane, 1997; Fox and Corbin, 1989; Sonstroem, Speliotis & Fava, 1992; Sonstroem, Harlow & Josephs, 1994). McAuley et al., 1997 found that adults had increases in physicalk self perceptions with followed by a tweenty-weeks strength training program. Fox and Corbin (1989), found that sub-components of the physical self were correlated to physical activity levels. Sonstroem et al. (1992) observed that self-perceptions of physical conditioning could distinguish between exercisers and non-exercisers. For the current study, Higgins self-discrepancy theory will be used to examine the implications of physical self-discrepancies relative to affect levels and participation in physical activity. To our knowledge this is the first study examining the physical self-perceptions from this framework.

Different Selves.

One's self-concept may be formed of his/her views or evaluations of the different domains or dimensions of the self. According to Higgins, Klein & Strauman (1985), the self consists of three basic domains: the actual self, ideal self and ought self. Each domain of the self may be further described from the "own" or "other" standpoint. The "own" standpoint is the individual's own perceptions and beliefs. The "other" standpoint refers to the individual's perception of how others view them. Others can be significant others or generalized others, such as a specific group of people within a specific social context. The "other" standpoint is important because it is believed to influence the experience of the "ought" and "ideal" selves. That is, the experience of one's self as being different from some standard implies an understanding that there are "selves" that are more or less accepted or encouraged by other people that may or may not be the same as the way one experiences one's own self. These possible differences have been discussed and described as self-discrepancies. I will only be examining the selves from the own standpoint.

The domain of actual self is defined as the kind of person an individual believes he or she actually is (Higgins, 1987). This view includes a person's representation of the attributes he/she believes they possess. The actual-own standpoint is synonymous with the general definition of self-concept. The ideal self is a representation of the attributes that one would like to ideally possess (Higgins, 1987). This may include one's hopes, aspirations and dreams of his/her perfect self. The ought self is the individual's representation of the attributes that he/she believes he/she should or ought to possess (Higgins, 1987). This is the individual's sense of duty, obligation or responsibility to fit a particular mould.

Ideal-self and ought-self may sometimes be difficult to separate from one another. Ideal is considered the individuals personal ideal whereas ought maybe his/her moral conscience or may be socially imposed. For example, a person might believe that it would be ideal to look like the models in magazines but might also believe that they ought to have a healthy body weight, and not be too thin. Alternatively, an individual's personal "ideal" and "ought" selves may be to look like a magazine model.

Self-Discrepancies

Butler and Haigh (1954) were the first to describe a self-discrepancy. The researchers had participants describe themselves as the participants actually viewed themselves using some listed statements. Then the participants were asked to describe themselves as they ideally would like to be. A discrepancy between these selves produced a sense of self-dissatisfaction, which motivated the participants to be counselled (Butler and Haigh, 1954). Butler and Haigh (1954) refer to self-ideal discrepancies as a product of experiences that indicate to the individual that he/she is inadequate. Butler & Haigh's research (1954) suggests that a self-discrepancy between who one is and who one would like to be may result in engaging in behaviours to rectify or cope with the discrepancy. Their research examined the use of psychological counselling to rectify the magnitude of the discrepancy.

Since then, Higgins, Klein & Strauman (1985) has refined these findings as self-discrepancy theory which proposes that specific self-concepts can have specific affective outcomes. Higgin's self-discrepancy theory (1985) ends with a prediction of a specific affective response to the self-discrepancy. Limited research has addressed the influence of self-discrepancies on possible affective and behavioural consequences in applied settings. Higgin's work has primarily examined the affective consequences of self-discrepancies. He has not examined the subsequent influence on behaviour, or the direct behavioural consequence of self-discrepancies. I would like to build on Higgin's (1985) theory, and suggest that specific types of affect may result in specific behavioural patterns.

Self-discrepancies exist where there is a definable, measurable, experiential difference between any of the three selves. That is, an individual can identify a difference between her current "actual" self and "ought" or "ideal" self. The significance of having a discrepancy is that different discrepancies have been hypothesized to have affective and behavioural consequences. Higgins (1985) self-discrepancy theory systemically relates specific types of self-discrepancies to specific affective consequences. Higgins (1985) suggests that the ought and ideal self-states are considered self-guides for the individual. Self-discrepancy theory suggests that we are motivated to reach a condition where our actual self-concept matches our personally relevant self-guide (Higgins, 1985). The motivation one has to match these self-states or standards may vary. Not everyone is oriented by all the self-guides, some may only be influenced by the "ought" self whereas others may only be influenced by the "ideal" self. Individuals who may only be influenced by the ideal and actual selves might compare themselves to a personal ideal for they may not feel obliged to live up to moral or societal standards of an "ought" self. Others may only be influenced by the "ought" self. These individuals' sole concern might be to live up to moral or societal standards; they might not be influenced by a personal ideal, or even have one, that is distinguishable from the "ought" self. A self-discrepancy may result in discomfort which may in turn, result in different forms of affect and behaviour. I will be examining the influences of actual: ideal, and the actual: ought self-discrepancies on affective experience and exercise behaviour.

Actual: ideal self-discrepancy.

The actual: ideal self-discrepancy refers to a difference between an individual's perception of their current self-state and what they ideally wish to be. A mismatch between the actual self and ideal is hypothesized to produce an absence of positive outcome (Higgins, 1999). The absence of positive affect may result in a greater susceptibility to dejection related emotions (Higgins, 1987).

Dejection related affect resulting from the actual: ideal self-discrepancy consists of emotions such as depression and sadness. Depression and sadness are examples of the most studied dejection related emotions. The markers for clinical depression consist of a loss of interest in pleasurable activities, weight loss or gain, insomnia, loss of energy, feelings of worthlessness (First, Frances & Pincus, 2002). The level of dejection related affect found with clinical markers will likely be too extreme to be relevant for the current study. Whereas persons experiencing large actual: ideal self-discrepancies might experience more dejection related affect than others, they are unlikely to be clinically depressed. The experience of sadness will more likely be seen with state experiences of actual: ideal self-discrepancy. Sadness has been shown to result in enhanced access to negative thoughts and pessimistic cognitions about the self and the environment, an avoidance of the external environment and heightened intentional focus on the self (Schaller & Cialdini, 1990).

These dejection related emotions may make individuals with an actual: ideal self-discrepancy vulnerable to other affective consequences such as disappointment and dissatisfaction. Motivationally this discrepancy may result in a reduction of arousal and activity (Schaller & Cialdini, 1990) which is likely, in turn, to result in frustration and unfulfilled desires.

Shame is another dejection related emotion that may influence an individual's behaviour due to actual: ideal discrepancies. Shame is experienced when one has failed to accomplish their hopes and wishes which are shared with society or the individual's self-standards. "Shame is when you know you did something wrong and you are sorry you did it" (Tangney & Dearing, 2002; Tangney & Fisher, 1995). Shame is felt when one believes that everyone else thinks he/she has done something wrong (Tangney & Dearing, 2002). Shame is a painful emotion that may be constructed by the recognition that one has failed to act, behave or think in accordance with standards, which one accepts as desirable. Shame is self-focused and not behaviour focused.

One hypothesized behavioural consequence of dejection related affect is the avoidance of behaviour. Individuals who feel depressed, sad or shameful will likely have more difficulty adopting a behaviour which might reduce the dejection related affect resulting from the actual: ideal self-discrepancy. Strauman and Higgins (1987) demonstrated that sadness reduces activity level of both written and verbal tasks. This complements the previous statements which suggest that sad, depressed or shameful individuals will adopt passive avoidance behavioural pattern. For example, if an individual felt dejection related emotion, they would not set out to avoid the exercise but would be less active and enthusiastic, and for that reason not engage in the behaviour.

An example of an actual: ideal self-discrepancy may be that one ideally would like to be able to do a two day hike up Mount Robson in the British Columbian Rocky Mountains, but in actuality they get winded walking up a flight of stairs. The discrepancy in fitness levels between these two scenarios is quite large (Mount Robson: one flight of stairs). The individual's perception of an ideal-self is far away from the individual's perception/experience of actual self; therefore the individual may feel dejection related emotions. The dejection related emotions may include feelings of dissatisfaction, disappointment, sadness or shame due to the absence of positive affect (Higgins, 1999). Motivationally, the observed discrepancy between the fitness level required to climb Mount Robson compared to climbing one flight of stairs may leave the individual frustrated by her inability to fulfill his/her desire (Higgins, 1999). I would like to suggest that the apparent dejection related emotion resulting from the actual: ideal self-discrepancy would result in the passive avoidance of exercise behaviour. These individuals would passively avoid circumstances or not attempt activities in which their fitness levels may be tested beyond what they believe themselves being capable of. This type of affect would result in the individual passively abstaining from the exercise behaviour.

Actual: ought self-discrepancy.

The actual: ought self-discrepancy refers to the difference between an individual's perceptions of how their current attributes compare to what they feel obliged to attain. A mismatch in the actual self and the ought self represents a negative outcome (Higgins, 1999). A readiness for punishment may result from a discrepancy between these aspects of the self due to the view of a negative outcome being present. As a result, this makes the individual vulnerable to agitation related emotions such as anxiety and hostility (Higgins, 1987).

Agitation related affect is characterized by experiences of anxiety, worry, restlessness, tension and guilt (Tangney & Fischer, 1995). Anxiety is the most commonly studied agitation related emotional state or condition. Anxiety consists of feelings of tension, apprehension and heightened autonomic nervous system activity (Spielberger, 1972). The tension that we feel from agitation related affect may be due to the actual: ought self-discrepancy. Individuals with an actual: ought discrepancy may be vulnerable to guilt, self-contempt and uneasiness for they perceive that they have failed to achieve a personally accepted moral or socially imposed standard. This discrepancy results in the individual feeling agitated and anxious. The individual feels uneasy and attempts to relieve the discrepancy by initiating behaviour to reduce or eliminate the unwanted tension.

Guilt may be another emotion, experienced by the individual due to an actual: ought self-discrepancy. Guilt is generally observed from the individual's own standpoint and is due to a discrepancy in the individual's sense of morality (Higgins, 1987). Guilt is when one knows he/she has done something wrong, by his/her own moral or social standards (Tangney & Dearing, 2002). Guilt is behaviour focused and not self focused. Guilt is generally derived from breaking ones own moral rules, such as acting in a manner that conflicts with one's ought beliefs. Guilt results in feeling culpable, for one has not achieved their goals or has gone against his/her own standards. Possessing an actual: ought self-discrepancy may result in the individual feeling guilty and agitated.

Shame and guilt share some very similar characteristics. They are both negatively viewed self-conscious moral emotions. The negative events that give rise to shame and guilt are highly similar with frequently involving moral failure or transgressions (Tangney & Dearing, 2002). Shame and guilt are both normally experienced in interpersonal contexts, and involve an internal attribution (Tangney & Dearing, 2002).

Shame and guilt may be similar but can be distinguished on multiple dimensions (Tangney and Dearing, 2002). The first difference between shame and guilt is the focus of the evaluation. Shame focuses on the self-aspect (i.e., I am a bad person), whereas guilt focuses on the behaviour (i.e., I did a bad thing) (Tangney & Dearing, 2002). In the statement "I missed my workout", one who feels shameful will focus on the negative aspects of "I" or the self. One who feels guilty will focus on the behaviour, "missing the workout". This suggests that the shameful individual would feel negatively about him or herself and perceive the self more negatively. The guilty individual would not experience any impact on their self-perceptions.

A second distinction is the degree of distress resulting from the negative feeling. Shame is usually perceived as more painful than guilt. The phenomenological experience of shame results in the sensation of shrinking, feeling small, feeling worthless and powerless (Tangney & Dearing, 2002). These experiences are very similar to dejection related affective experiences which may be characterised as avoidance behaviours. Guilt results in feelings of tension, remorse and regret (Tangney & Dearing, 2002). These experiences are similar to agitation related affective experiences which motivate the individual to reduce the unwanted tension. People who feel shameful about missing a workout would be more likely to feel negatively about themselves. The guilty individuals would more likely feel regretful and attempt to change the behaviour next time or otherwise act to resolve the discrepancy.

The motivational effect of shame and guilt are quite different. One who feels shameful possesses a desire to hide, escape, or strike back (Tangney & Dearing, 2002). The guilty individual possesses a desire to confess, apologize or repair the wrongdoing (Tangney & Dearing, 2002). This would suggest that one who feels shameful for not exercising regularly would continue to avoid exercise or even thinking about exercise, as a means of escape. One who feels guilty about not exercising regularly will attempt to repair the wrongdoing and possibly exercise harder to make up for the previous behaviour.

Higgins, (1987) attempted to identify how one's self-perceptions may induce a specific type of negative affect such as shame or guilt. Higgins (1987) suggested that a discrepancy between one's actual and ideal self-perceptions may result in dejection related emotions, which dispose the individual to react with shame and embarrassment. This would suggest that an individual with a large actual: ideal physical self-discrepancy may attempt to escape from the situation by avoiding exercise.

A discrepancy between one's actual: ought self-perceptions will result in agitation related emotions (Higgins, 1987). Agitation related emotion may result in feelings of guilt, contempt, and overall moral weakness. If one had a large actual: ought physical self-discrepancy, he/she may be inclined to participate in reparative action such as healthier eating and more participation in physical activity.

An example of an actual: ought self-discrepancy may be that one feels she ought to exercise daily to control diabetes but she may, actually, be active only rarely. The discrepancy in activity levels between these two scenarios is quite large (daily exercise: rare exercise). The individual's ought level of exercise is much greater than the individual's actual levels. Therefore the individual may feel agitation related emotions. Agitation related emotions may include the individual feeling guilty and self-contemptuous with the presence of a negative affect (Higgins, 1999). Motivationally the discrepancy between the individuals ought belief of "daily activity" versus her actual "rare" performance, may leave the individual feeling morally unpleasant (Higgins, 1999). I would like to suggest that the agitation related emotion felt due to this actual: ought self-discrepancy would result in the initiation of a behaviour to attempt to resolve the self-discrepancy. In this case the individual may join a walking club to attempt to achieve what he/she believes he/she ought to be doing.

Limited self-discrepancy (actual: ought and actual: ideal).

Limited or small self-discrepancies would exist if one's actual self is synonymous with their ideal or ought self-concept. This situation may result in feelings of satisfaction, or at least lower levels of dissatisfaction. One possible affective response to a small self-discrepancy would be satisfaction or happiness. The affect of happiness is described as positive thoughts and optimistic perceptions about the self and the environment with enhanced levels of arousal and activity (Schaller & Cialdini, 1990). One who is happy about his/her self-concept would not have a stimulus to change his/her behavior for he/she would be satisfied with how they are. Therefore we would expect no change of behaviour and wish no change.

Characteristics of Self-Discrepancies Influencing Affective and Behavioural Outcomes

The extent to which the actual: ideal or actual: ought self-discrepancies contribute to the affect and behaviour of an individual may depend on numerous factors stemming from the individual, his/her past behaviour and the environment. The individual, the environment and one's past behaviours all affect the salience of the self-discrepancy to the individual. The influence of these self-discrepancies may also be affected by their accessibility and availability.

Salience of self-discrepancies.

There are multiple ways that a self-discrepancy might become salient to an individual. One means of making self-discrepancies salient is by comparing the self to those around us. Social comparison theories suggest that individuals are compelled to compare themselves with others (Frederick, 1994). This aids individuals with impression management. They may selectively present aspects of the self that will generate a positive social impression rather than an undesirable one (Leary, 1992). According to self-discrepancy theory, the stimuli making one's physical self-discrepancies salient may include passive contexts, such as one simply reading a fitness magazine without the participant physically look at him/herself relative to the magazine picture. In an active context, such as participating in an exercise class, the participant has the ability to physically compare him/herself to others in the class both in terms of performance and appearance.

The self-discrepancy may be more salient depending on the similarities between the individual and the object/individual of comparison. For instance, the salience of one's self-discrepancies are more apparent to the individual when they are with a similar comparison group with similar general characteristics such as age and gender. The more similar one is to the comparison group the more salient the comparison will be to the individual (Frederick, 1994). Being in the presence of similar others makes the individual become more aware of the similarities and differences therefore the salience may make the individual's self-discrepancy more available.

Social comparison theory also suggests that salience of a self-discrepancy will be increased by the number of contexts in which the individual accesses the self-discrepancy. That is, the greater the number of contexts in which the same self-discrepancy is present the more salient it may be (Richins, Bloch & McQuarrie, 1992).

The influence of the self-discrepancy depends on the salience of the self-discrepancy, which may be due to the availability of a particular self-concept. The availability of a self-discrepancy refers to how ready it is for use. The availability of a self-discrepancy is dependent on the magnitude of difference between the actual and ideal or ought self-concept. The magnitude of the mismatch is also hypothesised to play a role in the availability of negative affect. The size of the discrepancy between the actual and ideal or ought self statement is the magnitude of the self-discrepancy. The farther apart the actual and ought or ideal the greater the magnitude. It is hypothesized, the greater the magnitude, as well as the number of discrepancies in a particular area, the greater the amount of this kind of negative affect associated with the discrepancy.

The self-discrepancy accessibility is dependent on numerous factors including the recency of activation, the frequency of activation and applicability to the stimuli (Higgins, 1987). Activation refers to anytime the self-discrepancy becomes salient to the individual. The recency of activation points out that the discrepancy must have been exposed recently or it is less likely to be salient. Applicability to the stimuli refers to the contextual specificity of self-discrepancies. An individual may have numerous self-discrepancies that lie dormant and do not affect the individual unless they are activated or contextually primed. These self-discrepancies may be activated by specific contexts, either environmental or emotional. For example if the individual goes to a swimming pool she needs to wear a bathing suit. The swimming pool environment may contextually prime the individual to be more aware of any physique-related self-discrepancy.

The second factor affecting accessibility is the frequency of activation. The more frequently a discrepancy is made salient the greater the proposed influence on the individuals affect and behaviour. If the discrepancy is made salient regularly, it may result in chronic accessibility regardless of the context. In other words, the discrepancy becomes characteristic of the individual.

The final factor affecting the accessibility of the self-discrepancy is the ability to apply the self-discrepancy to the specific stimuli. The relationship between the self-discrepancy and the properties of the stimuli must match. For example, if one has a discrepancy in physical appearance it is not likely to be activated in non-body related situations such as chatting online. The availability and accessibility of a self-discrepancy contributes to both affective and behavioural responses.

Increasing one's self-awareness of their body and its functions may be induced by introducing a mirrored environment (Fejfar & Hoyle, 2000). Mirrored environments have been found to alter one's self-efficacy (Katula & McAuley, 2001), self-focuses (Katula et al., 1998), feelings of mastery and feeling states. Ginis, Jung and Gauvin (2003) found that sedentary women felt worse after exercising in a mirrored room than in a non-mirrored room. The mirror was theorized to cause a focus on the self, which leads to increases in the salience of the self and feeling states. Mirrors are one tool that may be used to increase self-awareness and body salience by making physical self-discrepancy more salient.

Self-discrepancy Theory and Exercise Behaviour

Self-discrepancy theory hypothesizes specific pathways linking self-concepts and behaviour. The pathways by which self-concept might influence exercise behaviour may include the following. 1) Actual: ideal self-discrepancies should result in behavioural intentions to engage in exercise, but no behaviour. 2) Actual: ought self-discrepancy should result in behavioural intentions to engage in exercise and a change in exercise behaviour. 3) No self-discrepancy would result in the maintenance of one's current activity level.

Exercise related self-concepts and self-discrepancies.

The specific domains of self-concept that may be related to exercise behaviour and the pathways proposed by Higgin's Self-Discrepancy Theory (1985) include appearance, body fatness, coordination, strength, fitness, flexibility, sport competence, health or physical activity related self-concepts as measured by the PSDQ. The individuals level of exercise behaviour may be influenced by one's current, ideal and ought physical self-concepts (See figure 2 and 3 in Appendix A).

The Self-Discrepancy Theory (Higgins et al., 1985) suggests that the actual: ideal self-discrepancies produce dejection related affect while actual: ought self-discrepancies produce agitation related affect. I would like to be more specific and suggest that when examining physical self-discrepancies relative to exercise behaviour, shame may be the form of dejection related affect most correlated to an actual: ideal self discrepancy. Whereas, guilt may be the main form of agitation related affect most correlated to an actual: ought self-discrepancy. I would like to suggest that shame and guilt may, in turn, have the strongest influence on exercise behaviour.

Statement of Problem

Purpose

The following study strives to increase our understanding of how physical self-concepts relate to exercise behaviour. More specifically, how discrepancies among actual and ought or actual and ideal physical self-concepts relate to dejection and agitation types of affect and whether these types of affect have differential influences on behaviour or behavioural intentions, independent of the self-discrepancies themselves. This study proposes to test the role of physical self-discrepancies as possible sources of encouragement or discouragement to participate in exercise. Affect is the proposed theoretical mechanism operating between self-discrepancies and exercise behaviour. Specifically, self-discrepancy theory (Higgins, 1985) proposes that specific types of self-discrepancies will result in specific types of affective responses that will in turn have specific behavioural consequences. Furthermore, the presence of self-discrepancies and their effects should be enhanced by a body salient as opposed to a body neutral environment.

Rationale

According to the self-discrepancy theory; discrepancies among actual: ideal self-concepts result in dejection related affect, which would result in avoidance of behaviours that make that discrepancy salient. More specifically, I hypothesize those discrepancies within ones actual: ideal physical self-concept may result in dejection related affect such as sadness or shame that may result in the avoidance of exercise behaviors and behavioural intentions. The second proposition is that discrepancies among actual: ought self-concepts result in agitation related affect, which would result in behavioural attempts to eliminate the discrepancy. More specifically, I hypothesize that actual: ought discrepancies in physical self-concepts result in agitation related affect such as anxiety or guilt that may result in the adoption of exercise behaviors to resolve the discrepancy. Third, I hypothesize that these effects will be stronger in a body salient context.

Questions/ Hypothesis

The objective of the study is to examine the applicability of Higgin's self-discrepancy theory (1985) relative to the physical self and exercise behaviour. The following relationships will be examined, 1) The relationship between one's actual self-perceptions and his/her ought or ideal self-perceptions 2) The relationship of the actual: ideal and actual: ought self-discrepancy relative to affect 3) The relationship between affective responses and exercise behaviours, 4) The relationship between self-discrepancies and behavioural responses. See Appendix A, figure 1. and figure 2. for a visual representation of the hypothesis. More specifically the following questions will be addressed:

1. Does an actual: ideal physical self-discrepancy produce dejection related affect?
2. Does and actual: ought physical self-discrepancy produce agitation related affect?
3. Does an actual-ought physical self-discrepancy relate to behavioural intentions to exercise?

4. Does an actual-ideal physical self-discrepancy relate to behavioural intentions to participate in exercise?
5. Does an actual-ideal physical self-discrepancy relate to exercise behaviour?
6. Does an actual-ought physical self-discrepancy relate to exercise behaviour?
7. Does the size of the physical self-discrepancy relate to the amount of affect experienced?

Method

Participants

A total of 207 first and second year psychology students volunteered to participate in the present research study for course credit by signing up for the study online. The study participants included 61 men and 146 women between the ages of eighteen and twenty-six years with a mean age of 19.3 years. Their were health benefits associated with the mens and womens had BMI scores. Men had a mean BMI score of 22.7 kg/m^2 and women had a BMI score of 22.4 kg/m^2. Twenty-seven men and 71 women were randomized to a body-salient (mirrored) condition and 34 men and 75 women were randomized to a non-body salient (classroom) condition.

Instruments

Self-Perceptions Questionnaires.

Physical Self-Description Questionnaire. General physical self-concept was assessed using the Physical Self -Description Questionnaire (PSDQ), Marsh et al., 1994. This 70-item scale measures 10 facets of physical self-concept and general self-esteem. Responses to the declarative statements were on a 6-point Likert scale, which was structured from true to, false. The 10 facets of physical self-concept included appearance, strength, endurance, flexibility, health, coordination, physical activity, body fat and sport competence. The PSDQ scale was developed with adolescents but is appropriate for use with adults (Marsh, 1994). Internal consistency and stability has been demonstrated among four time points taken over a fourteen-month period, which suggests good reliability and stability (Marsh, 1996). The internal consistency at each point was good and resulted in a median alpha = .92 (Marsh, 1996). The stability over a three month time period resulted in an r = .82 whereas stability over a fourteen month time period resulted in an r = .69 (Marsh, 1996). Convergent and discriminant validity were observed when compared to three different self-concept instruments based on a multi-trait multi-method analysis (Marsh, 1996). The PSDQ is appropriate for administration in a group setting and takes 20 minutes or less to complete.

Adapted Selves Questionnaire. The adapted selves questionnaire was used to assess the individuals actual, ought and ideal self-perceptions. The definition of "actual", "ought" and "ideal" was provided to the participants prior to starting this section of the questionnaire and immediately prior to the respective subsections (actual, ought and ideal). The definitions provided to the participants were as follows:

1. Actual-self: Your beliefs concerning the physical attributes you think you actually possess.
2. Ought-self : Your beliefs concerning the physical attributes you believe you should or ought to possess; your personal standards or prescriptions for yourself.
3. Ideal-self: Your beliefs concerning the physical attributes you would like ideally to possess; your ultimate goals for yourself.

The participant answered questions pertaining to his/her actual, ought and ideal self in the physical self-perception sub-domains of endurance, strength, coordination, appearance, and body fatness.

The actual, ought and ideal selves questions measuring perceptions of endurance, strength, coordination, appearance and body fatness were adapted from Marsh's (1994) PSDQ. The questions pertaining to the actual-self lead in with "At this moment, …" or "Right now, …" and continue with the phrasing of the PSDQ items. i.e., At this moment, I feel confident when doing coordinated movements. The lead in to the ought-self questions is identically to the actual-self questions but included an ought to or should part within the statement. i.e., Right now, I am weak and have no muscles compared to how I should be. The ideal-self questions lead in identically to the actual-self questions but included the statement "in comparison to my ideal", or "I ideally…". ie., At this moment, I ideally would like to be stronger than most people my age.

Actual/ Ideal/Ought Silhouettes. Two sets of male and female body image silhouettes were used to develop the actual, ought and ideal measurement tool for body fatness and body muscularity. The silhouette-matching task was used to identify the participant's perception of his/her actual, ideal and ought perceived body fatness and muscularity. The participant were given two sets of gender specific silhouettes. The first ranged from extreme ectomorphic body silhouettes to an extreme endomorphic body silhouettes. The second set ranged from extreme ectomorphic to extreme mesomorphic body silhouettes. The actual-silhouette was defined; as the body shape the participant believed most resembles his/her current body physique, right now. The ought-silhouette was defined as what you believe you ought to look like, right now. The ideal-silhouette was defined as the silhouette, which you believe that you ideally would like to look like, right now. The quantitative continuum of endomorphic and mesomorphic body types for actual, ideal and ought silhouette was advantageous due to the range of figures. Participants would generally not select the figures at the far ends of the continuum, as their actual, ought or ideal self, seeing as though they are very extreme body types. The participants would likely select a figure somewhere between the two extremes.

Affect measures.

Profile of Mood States. The Profile of Mood State (POMS) questionnaire was used to measure positive and negative affect. The questionnaire consisted of a 65-item checklist designed to measure the transition of emotional states of tension-anxiety, depression-dejection, fatigue-inertia, vigour-activity, confusion/bewilderment, and anger/hostility (McNair, Lorr & Doppleman, 1971). The items were rated on a Likert scale from 0 to 4, where 0 refers to “not at all”, 1 is “a little”, 2 is “moderately”, 3 is “quite a bit” and 4 is “extremely”. The POMS appears to be an internally consistent, multidimensional instrument with a relatively stable factor structure (Norcross et al, 1984). The internal consistency over a two week time period resulted in alpha levels of r = .84 - .92 for the different dimension (Norcross et al., 1984). The tension-anxiety, anger-hostility, depression-dejection, fatique-inertia and vigour-activity variables were used to assess affect level relative to the type and magnitude of self-discrepancies.

State Shame and Guilt Scale. The SSGS was used to assess feelings of shame, guilt and pride in the moment. Marschall, Sanftner and Tangney (1994) developed the SSGS to measure shame, guilt and pride. The SSGS provides a brief phenomenological descriptions of shame, guilt and pride which the participant selects their current level of these affect measures. The SSGS is comprised of fifteen questions consisting of five shame items, five guilt items and five pride items. These items are rated on a five-point Likert scale which ranges from 1 "not feeling this way at all" , 3 "feeling this way somewhat", and 5 " feeling this way strongly".

Body Image Guilt and Shame Scale. The Body Image Guilt and Shame Scale (BIGSS) was a scenario-based measure that indicates one's susceptibility to shame and guilt about one's body or body related behaviours (Thompson, Dinnel & Dill, 2003). BIGSS is comprised of a 15 scenarios followed by four response options which provide a scenario based guilt, shame, detachment and externalization. Immediately following each scenario and response, the participant was asked what the likelihood was that this scenario would. This was assessed on a five point Likert scale from "not likely" to "very likely". The measures we were interested in were guilt and shame. The guilt response was termed as a behavioural response to the scenario, while the shame measure was termed as an emotional response to the scenario.

Physical measures.

Body Mass Index. The participants randomized to the body salient context had their height and weight assessed to determine their body mass index (BMI). BMI is defined as the weight in kilograms divided by height in meters squared. For example an individual weighting 60 kilograms with a height of 1.65meters would have a BMI of 22. This measure was taken for two reasons. First BMI may be related to the participant's actual physical self-concept. Secondly, this measure was assessed to increase the participant's body awareness and increase his/her awareness of their physical self.

Skin- fold Measures. The skin-fold assessment was used to determine the amount of body fat one's body has. The CPAFLA protocol was used to determine if the participants carried a healthy or unhealthy amount of body fat. This protocol included skinfold sites on the triceps, bicep, subscapular, iliac crest and calf. Each skinfold assessment was completed twice for reliability. To achieve a reliable and valid measure of body fatness the same technician and skin-fold callipers were involved in all skin-fold measurements (Canadian Society of Exercise Physiology, 1998).

Behavioural measures.

Godin Leisure Time Questionnaire. The participant's current activity level and intentions to be active were assessed using the Godin Leisure Time Questionnaire (GLTEQ). The GLTEQ asked the participant to identify the amount of time per week they spent doing activity at a strenuous, moderate and mild exercise intensity for fifteen consecutive minutes over the last 4 weeks. Secondly, the participants were asked the amount and intensity of the physical activity they intended to do, lasting fifteen consecutive minutes over the next seven-days for the next four-weeks. The particiants were also asked how often they currently engage and intend to engage inleisure-time activities that you work hard enough to work up a sweat. The GLTEQ has demonstrated an ability to discriminate between fit and unfit individuals as a measure for current activity level (Godin and Shepard, 1985). According to Godin and Shepard (1985), the GLTEQ has demonstrated stability over a two-week period (r = 0.74) for the time and intensity measures and (r = 0.80) for the sweat-induction measure.

Self- awareness.

Situational Self-Awareness Scale. The Situational Self Awareness Scale (SSAS) was used to assess the awareness of one's surroundings, private-self and public-self. Self-awareness may result intensified motives, affect and personal standards, which may result different psychological and behavioural outcomes (Govern & Marsch, 2001). The SSAS was used to assess whether the context manipulation of mirrored room versus classroom was successful.

Procedures

Participants registered and scheduled themselves for this study online to receive course credit for their introductory psychology class. All appointments were randomly assigned to either a body salient or non-body salient context prior to participants registering in them. The randomization process was somewhat limited by the requirements of the psych pool course credit system. A table of random numbers was used to do this random assignment. The order of the three selves questionnaires were also randomly assigned to actual: ought: ideal or actual: ideal: ought via a shuffle in each questionnaire packages, to assure that there was no order effect of the questionnaires.

Body salient context.

Those participants randomly assigned to the body salient context were contacted by telephone with directions to the room and instructions to bring a pair of shorts and a t-shirt to his/her scheduled session. The only additional information concerning the research session provided to the participants was that he/she would not be doing exercise. The participants assigned to the body salient context met the researchers (one male and one female) in a mirrored aerobics studio on campus. The participants were given directions to the change room where they could put on shorts and t-shirt. The participants were then asked to read an information letter (see Appendix B), provided an opportunity to ask questions, and asked to sign two identical informed consent forms (see Appendix C) regarding their participation in the study. One copy of the informed consent was kept by the researcher and the second was given to the participant for future reference. The participants were informed in the information letter, the consent form, and verbally that they were able to withdraw from the study at any point without consequence, and class credit would be given to them.

Next, body composition assessments that included height, weight, waist girth, hip girth and skin-fold measurements, were performed on the participants. The skin-fold assessments included two measurements of fold thickness on the triceps, bicep, subscapular, iliac crest and calf. If the two skin-fold measurements for the same site were not within 4 millimetres, a third measurement was taken. Once this was completed, the participant was seated on an aerobics step in front of a mirror to complete a gender specific questionnaire (see Appendix D and Appendix E). An effort to enhance the participants' awareness of his/her physical self was made by having the participant complete a questionnaire in the mirrored room, sitting on an aerobics step, after having his/her body composition assessments. The questionnaire contained general demographic questions (age , gender, program major and year of study), description of the room they were assigned to, GLTEQ for current behaviour and behavioural intensions over the next 7 days, brief physical activity history, PSDQ, SDS, Actual Endomorphic Silhouettes, Actual Adapted Selves Questionnaire, Actual Mesomorphic Silhouettes, Ought Endomorphic Silhouettes, Ought Adapted Selves Questionnaire, Ought Mesomorphic

Silhouettes, Ideal Endomorphic Silhouettes, Ideal Adapted Selves Questionnaire, Ideal Mesomorphic Silhouettes, POMS, SSGS, BIGSS, self-awareness questionnaire, and SSAS. The order of the Ought and Ideal sections were randomized for the questionnaires. Once they completed their gender specific questionnaire they were debriefed (see Appendix F).

Non-Body Salient Context.

The participants randomized to the non-body salient context were contacted by telephone with directions to a different meeting room on campus. These participants met the researchers in a conference room or classroom where the participants came in their regular attire and were provided with a chair and table to sit at. The participants were asked to read an information letter (see Appendix G), provided an opportunity to ask questions, signed and dated two informed consents (see Appendix C) regarding their participation in the study. One copy of the informed consent was kept by the research and the second was given to the participant for future reference. The participants were informed in the information letter, informed consent form and verbally that they were able to withdraw from the study at any point without consequence, and class credit would be given to them regardless.

At this point the participants completed a gender specific questionnaire (see Appendix D and Appendix E). Once the questionnaire was completed the participants were debriefed (see Appendix F). At the time of data collection, the participants in both conditions were only aware of the condition they were randomly assigned to.

Results

Analysis

Participant Characteristics.

The study participants consisted of students enrolled in a first year psychology course. A total of 207 participants volunteered for the study, this group consisted of 61 men and 146 women between the ages of eighteen and twenty-six years with a mean age of 19.3 years. Twenty-seven men and 71 women were randomized to a body-salient (mirrored) condition and 34 men and 75 women were randomized to a non-body salient (classroom) condition. The body salient (mirrored) condition consisted of men with a mean BMI of 22.7 kg/m^2 and women with a mean BMI of 22.4 kg/m^2. The non-body salient (classroom) condition did not have their height and weight measured. The body salient (mirrored) condition consisted of men with a self-reported GLETQ score of 56.8 METS for current activity level and the women had a score of 79.6 METS. The non-body salient (classroom) condition consisted of men with a self-reported GLETQ score of 44.2 METS for current activity level and the women had a score of 48.9 METS.

Body salient and non-body salient context.

The situational self-awareness subscales of public awareness, private awareness and surrounding awareness was not significantly different from each other. Given that there were no differences in situational self-awareness within the mirrored room and the classroom, the scores from the two contexts were collapsed.

Validity.

Validity is the process assessing that the interpretations of a test measure what they purport they measure (Cronbach, 1955). Inferences of the worthiness of the data and truthful interpretation of the tests may be suggested from valid scores. Validity can be divided into 3 different types; 1) content validity, 2) criterion-related validity and 3) construct validity (Messick, 1995).

Content validity is based on judgemental evidence that supports the relevance and relatedness of the assessment tool being used relative to the domain it purports to measure (Messick, 1995). The assessment tools for this study consist of questionnaires which have been previously demonstrated to contain the items which measure what they purport to measure (Marsh, 1996). Criterion-related validity refers to the degree of empirical relationships (usually correlations or regressions) that exist between test scores and criterion scores (Messick, 1995). Construct validity is based on an integration of evidence that bears on the interpretation or meaning of the test scores (Messick, 1995). Therefore construct validity is comprised of evidence and rationales supporting the trustworthiness of score interpretation, which account for test performance and relationships with other variables (Messick, 1999). We relied upon published evidence of validity from previous studies.

Another important aspect of tests is their reliability. Reliability is the consistency of a measure, an indication that it consistently produces similar scores when expected to. Most of the instruments used in this research have indications of reliability in the form of test-retest reliability that have been previously published. Test-retest reliability is an indication that a particular instrument behaves consistently over a reasonable period of time. The amount of time depends on the nature of the construct being assessed and the time frame over which it could be expected to be consistent. Some types of affect, for example, might be expected to change very quickly under some circumstances. Under other circumstances, where the environment is held stable, for example, affect might be expected to be more consistent. Again, we relied on published literature for indications of test-retest reliability. Internal consistency is another kind of reliability that tells us the extent to which the group of items used to represent a construct "stick together" or "behave the same way" (Pelham & Blanton, 2003). Internal consistency is generally measured using Cronbach's coefficient alpha. It is generally measured in every study using a particular instrument, because it is important to determine that the items are behaving as expected in the context of the study. We therefore calculated Cronbach's alphas for all constructs comprising three or more items and these are reported in the results table.

Actual/ ought/ ideal silhouettes.

Endomorphic and mesomorphic scales. Analyses of variance were used to examine the effect of room. Men and women completed gender specific silhouettes, therefore sex will not be compared in this analysis. A follow-up paired t-test was performed to determine the significant differences between actual, ought and ideal silhouettes and room.

Womens mesomorphic silhouette. ANOVA indicated an overall difference between women's actual, ought and ideal mesomorphic silhouettes, $F(2,140) = 20.85$, $p < .0001$, $Eta^2 = 0.23$. The follow-up paired t-test showed that the actual and ought mesomorphic silhouettes were different from each other, $t(142) = -5.69$, $p < .0001$. The actual and ideal mesomorphic silhouettes were different from each other, $t(142) = -6.52$, $p < .0001$. The ideal and ought womens mesomorphic silhouettes were not different from each other. The means for the actual silhouette were lower than ought silhouette and ideal silhouette, this indicated that women's actual silhouette was less muscular than the ought silhouette or ideal silhouette. There was not a significant difference between the type of room and the actual, ideal and ought womens mesomorphic silhouettes. See table 2.2 for means, standard deviations and sample sizes.

Men's mesomorphic silhouette. Men's actual, ought and ideal mesomorphic silhouettes were different from each other, $F(2,59) = 81.47$, $p<0.0001$, $Eta^2 = 0.73$. The follow up paired t-tests demonstrated that the actual and ought mesomorphic silhouettes were different from each other, $t(60) = -10.18$, $p<.0001$; actual and ideal mesomorphic silhouettes were different from each other, $t(59) = -16.35$, $p<.0001$; and ought and ideal mesomorphic silhouettes were different from each other, $t(60) = -6.95$, $p<.0001$. The highest score was observed in the ideal silhouette, followed by the ought silhouette, and finally the ideal silhouette, which indicated that their actual self is the least muscular. There was not a significant difference between the type of room relative to the actual, ideal and ought mens mesomorphic silhouettes. See table 1.2 for means, standard deviations and sample sizes.

Women's endomorphic silhouette. Women's actual, ought and ideal endomorphic silhouettes were significantly different from each other, $F(2,142)=73.95$, $p< .0001$, $Eta^2 = 0.51$. The follow up paired t-test showed that the womens actual and ought endomorphic silhouettes were significantly different from each other, $t(144) =11.06$, $p<.0001$; actual and ideal endomorphic silhouettes were different from each other, $t(144) =11.95$, $p<.0001$; and the ought and ideal endomorphic silhouettes were different from each other, $t(143) = 3.68$, $p<.0001$. The actual score was highest, followed by ought than ideal indicating that the ideal silhouette was thinest. The analysis of variance demonstrated that there is no difference between the actual, ought and ideal womens silhouettes and the room. See table 2.1 for means, standard deviations and sample sizes.

Men's endomorphic silhouette. Mens actual, ought and ideal endomorphic silhouettes were not significantly different from each other. The men silhouette scores were primarily concentrated in the middle of the range of the scores. Room had no effect on score. See table 1.1 for means, standard deviations and sample sizes.

The men's silhouettes demonstrated that men would like to be more muscular but no thinner or fatter than they currently were. The women's silhouettes demonstrated that they would like to be more muscular, as well as being thinner. When interpreting these results we must take into consideration that the participants in this study were young, healthy undergraduate students.

Baseline, actual, ought, and ideal physical self-assessment with the PSDQ.

MANOVAs were performed to examine the differences between subjects on the actual/ought/ideal physical self, room and sex. A Bonferonni correction was performed for the number of PSDQ scales (corrected $p< 0.005$). The PSDQ was assessed on four occasions. The first assessment was to determine a baseline, the types of PSDQ scales were then assessed to elicit an actual, ought and ideal measure of the physical self. The baseline PSDQ score was expected to be most similar to the actual PSDQ scores.

Endurance. The multivariate analysis demonstrated a significant effect between baseline, actual, ought and ideal endurance, $F(3,201)=56.25$, $p< .0005$, $Eta^2 = 0.46$. The follow-up paired t-test demonstrated that actual and baseline endurance were significantly different from each other, $t(206) = 4.05$, $p<.0005$; actual and ought endurance were significantly different from each other, $t(204) = -13.27$, $p<.0005$; actual and ideal endurance were different from each other, *t*(206) = -4.61, p<.0005; and the baseline and ought endurance were significantly different from each other, *t*(204) = -13.08, p<.0005. The multivariate analysis demonstrated no significant difference between sex among the baseline, actual, ought and ideal endurance variables, as well as no significant difference among baseline and actual endurance scores. Ideal endurance demonstrated the highest scores, followed by ought, baseline and actual endurance scores, which indicated that greater endurance levels were desired. No difference was seen between sex or room for any of the endurance scores. See table 3 for means, standard deviations and sample sizes.

Strength. The multivariate analysis demonstrated a significant difference between baseline, actual, ought and ideal strength. F(3,201)=23.74, p< .0001, Eta^2 = 0.26. The followed up paired t-test demonstrated that actual and baseline strength are not significantly different from each other; the actual and ought strength are significantly different from each other, *t*(204) = -8.42, p<.0001; the actual and ideal strength are different from each other, *t*(206) = -9.07, p<.0001; the ought and ideal strength are different from each other, *t*(204) = -3.79, p<.0001; the PSDQ and ought strength are significantly different from each other, *t*(204) = -8.76, p<.0001; and the PSDQ and ideal strength are significantly different from each other, *t*(206) = -9.39, p<.0001. Ideal strength scores were the largest followed by ought, actual and baseline scores. The multivariate analysis demonstrated that there is no difference between sex or room among the baseline, actual, ought and ideal endurance variables. See table 5 for means, standard deviations and sample sizes.

Coordination. The multivariate analysis demonstrated a significant difference between baseline, actual, ought and ideal coordination, F(3,202)=25.28, p< .0001, Eta^2 =

0.27. The follow-up paired t-test demonstrated that the actual and baseline coordination scores were not significantly different from each other; the actual and ought coordination were significantly different from each other, $t(204) = -7.30$, $p<.0001$; the actual and ideal coordination were different from each other, $t(206) = -6.09$, $p<.0001$; the ought and ideal coordination were not different from each other; the baseline and ought coordination were significantly different from each other, $t(204) = -8.45$, $p<.0001$; and the baseline and ideal coordination were significantly different from each other, $t(206) = -7.14$, $p<.0001$. The ideal coordination scores were the largest followed by the ought, actual and baseline scores. The multivariate analysis demonstrated that there was no difference between sex or room and the baseline, actual, ought and ideal coordination variables. See table 4 for means, standard deviations and sample sizes.

Appearance. The multivariate analysis demonstrated a significant difference between baseline, actual, ought and ideal appearance, $F(3,202)=5.07$, $p< .002$, $Eta^2 = 0.07$. The followed up paired t-test demonstrated that the actual and baseline appearance were not significantly different from each other; the actual and ought appearance were not significantly different from each other; the actual and ideal appearance were significantly different from each other, $t(206) = -2.71$, $p<.05$; the ought and ideal appearance were significantly different from each other, $t(204) = 3.75$, $p<.0001$; the baseline and ideal appearance were significantly different from each other, $t(206) = 2.74$, $p<.05$; and the baseline and ought appearance were not significantly different from each other. The multivariate analysis demonstrated that there was no difference between sex or room from the baseline, actual, ought and ideal appearance variables. See table 7 for means, standard deviations and sample sizes.

Body Fat. The multivariate analysis demonstrated a significant difference between the baseline, actual, ought and ideal body fat, F(4,203)= 372.2, $p< .0001$, $Eta^2 = 0.880$. The follow-up paired t-test demonstrated that actual and baseline body fat were not significantly different from each other; the actual and ought body fat were significantly different from each other, $t(206) = -5.225$, $p<.0001$; the actual and ideal body fat were different from each other, $t(206) =-17.72$, $p<.0001$; the ought and ideal body fat were significantly different from each other, $t(206) = 20.33$, $p<.0001$; the baseline and ought body fat were significantly different from each other, $t(206) = 6.19$, $p<.0001$; and the baseline and ideal body fat were significantly different from each other, $t(206) = 18.37$, $p<.0001$. Actual body fat was the greatest score followed by the basline body fat, the ought body fat and the ideal body fat. There was no significant difference observed between rooms. See table 6 for means, standard deviations and sample sizes.

The multivariate analysis demonstrated that there was a difference between sex and the baseline, actual, ought and ideal body fat variables, F(4,202) = 7.802,$p<0.0001$, $Eta^2 = 0.134$. The follow-up paired t-test demonstrated that the actual and ought body fat were significantly different from each other for women but not men, $t(145) = -5.220$, $p<.0001$; the actual and ideal body fat were different from each other for both men and women, for men $t(60) = -6.74$, $p<.0001$, for women $t(145) = -17.416$, $p<.0001$; the ought and ideal body fat were significantly different from each other for both men and women, men $t(60) = 6.373$, $p<.0001$, women $t(145) = 23.109$, $p<.0001$; the baseline and ought body fat were significantly different from each other for women but not men, $t(145) = 6.725$, $p<.0001$; and the baseline and ideal body fat were significantly different from each other for both men and women, men *t*(60) = 6.171, p<.0001, women *t*(145) =19.218, p<.0001.

Women's actual perceptions of body fat were marginally greater than their baseline perceptions of the amount of fat they have. Men's baseline and actual perceptions of body fat were not significantly different then they perceived themselves as being, for both measures they believed they did not have too much fat. Ideally women would like to be smaller and have less fat than they currently do, where as men would rather be a little fatter and larger. However, men's actual and ought beliefs about their body fat were not significantly different from each other. Whereas women believed they ought to be less fat. See table 6 for means, standard deviations and sample sizes.

Actual-ought and actual-ideal self-discrepancies.

The actual-ought and actual-ideal self-discrepancies were calculated by subtracting the ought and ideal score from the actual score of the same physical characteristic of the self. The farther away the score was from zero the larger the discrepancy. The scores may be expressed positively or negatively. A positive expression suggested that the actual is greater than the ought or ideal score, while a negative score suggested the ideal or ought score is greater than the actual score.

Self-discrepancy scores.

For the analysis of this study the self-discrepancies were divided into 4 categories; positive self-discrepancy, no self-discrepancy, small self-discrepancy and large self-discrepancy. A positive self-discrepancy suggests that the participant believes he/she is more skilled or better than they ought to or ideally should be. When looking at the raw scores, a positive self-discrepancy is expressed by a negative result of the equations actual-ideal or actual-ought with the physical self discrepancies and a positive score for the silhouette discrepancies. No self-discrepancy suggests that one believes their self-description of actual and ought or actual and ideal selves are synonymous, numerically this would include those who actual-ideal or actual-ought is equivalent to zero. Both small and large self-discrepancies are found when one perceives their actual self to be less desirable than his/her ought or ideal self-definitions. A small self-discrepancy would include those who have a raw discrepancy between 0 and 1 and a large self-discrepancy score would include those who have a raw discrepancy score greater than 1 for the physical self-discrepancies. Whereas for silhouette self-discrepancies, a small self-discrepancy would include those who have a raw discrepancy between 0 and -1 and a large self-discrepancy score would include those who have a raw discrepancy score less than -1 for the physical self-discrepancies. The positive self-discrepancy, no self-discrepancy, small self-discrepancy and large self-discrepancy mean, standard deviation and sample size scores are presented in tables 9.1, 9.2 and 10. The psychological implications of having these different levels of discrepancies should be quite different. The results of a positive self-discrepancy and no self-discrepancy would likely be more related to positive affect, than having small and large self-discrepancy which would be hypothesised to have more negative affective responses (see Appendix A, figure 2). For this reason the 4 levels of physical self-discrepancies were assessed.

Degrees of actual-ought men's endomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought men's endomorphic groups that were significantly different from each other, $F(3,59) = 214.6$, $p< .0001$, $Eta^2 = 921$. See table 9.1 for means and standard deviation.

Degrees of actual-ideal men's endomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal men's endomorphic groups that were significantly different from each other, $F(3,59) = 169.4$, $p< .0001$, $Eta^2 = 0.902$. There were no significant differences in extreme actual-ought men's endomorphic silhouette discrepancy scores for room. See table 9.1 for means and standard deviation.

Degrees of actual-ought women's endomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought women's endomorphic groups that were significantly different from each other, $F(3,145) = 210.7$, $p< .0001$, $Eta^2 = .818$. See table 9.2 for means and standard deviation.

Degrees of actual-ideal women's endomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in two actual-ideal women's endomorphic groups that were significantly different from each other, $F(3,145) = 22.8$, $p< .0001$, $Eta^2 = .326$. See table 9.2 for means and standard deviation.

Degrees of actual-ought men's mesomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in three actual-ought men's mesomorphic groups that were significantly different from each other, $F(2,61) = 609.5$, $p< .0001$, $Eta^2 = .955$ See table 9.1 for means and standard deviation.

Degrees of actual-ideal men's mesomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in three actual-ideal men's mesomorphic groups that were significantly different from each other, $F(2,61) = 142.2$, $p< .0001$, $Eta^2 = 0.831$. See table 9.1 for means and standard deviation.

Degrees of actual-ought womens mesomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought women's mesomorphic groups that were significantly different from each other, F(3,143) = 333.5, $p < .0001$, Eta^2 = .878. See table 9.2 for means and standard deviation.

Degrees of actual-ideal women's mesomorphic silhouette discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal women's mesomorphic groups that were significantly different from each other, F (3,144) = 222.3, $p < .0001$, Eta^2 = .880. See table 9.2 for means and standard deviation.

PSDQ self-discrepancies.

Degrees of actual-ought endurance discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought high and low endurance groups that were significantly different from each other, F (3,202) = 147.9, $p < .0001$, Eta^2 = .692. There were no significant differences in extreme actual-ought endurance scores for sex. See table 11 for means and standard deviations.

Degrees of actual-ideal endurance discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal high and low endurance groups that were significantly different from each other, F (3,203) = 147.9, $p < .0001$, Eta^2 =.617. There were no significant differences in extreme actual-ideal endurance scores for sex. See table 10 for means and standard deviations.

Degrees of actual-ought coordination discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought high and low coordination groups that were significantly different from each other, F (3,20) = 163.0, $p < .0001$, Eta^2 = .709. There were no significant differences in extreme actual-ought coordination scores for sex. See table 11 for means and standard deviations.

Degrees of actual-ideal coordination discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal high and low coordination groups that were significantly different from each other, F (3,207) = 159.5, $p< .0001$, $Eta^2 = .702$. There were no significant differences in extreme coordination scores for sex. See table 10 for means and standard deviations.

Degrees of actual-ought strength discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought high and low strength groups that were significantly different from each other, F (3,200) = 272.3, $p< .0001$, $Eta^2 = .806$. There were no significant differences in extreme actual-ought strength scores for sex. See table 11 for means and standard deviations.

Degrees of actual-ideal strength discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal high and low strength groups that were significantly different from each other, F (3,205) =194.5, $p< .0001$, $Eta^2 =. 747$. There were no significant differences in extreme actual-ideal strength scores for sex. See table 10 for means and standard deviations.

Degrees of actual-ought appearance discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought high and low appearance groups that were significantly different from each other, F (3,202) = 211.2, $p< .0001$, $Eta^2 = .762$. There were no significant differences in extreme actual-ought appearance scores for sex. See table 11 for means and standard deviations.

Degrees of actual-ideal appearance discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal high and low appearance groups that were significantly different from each other, F (3,206) = 191.2, $p < .0001$, $Eta^2 = .740$. There were no significant differences in extreme actual-ideal appearance scores according to sex. See table 10 for means and standard deviations.

Degrees of actual-ought body fat discrepancies. The coding of the degrees of discrepancies resulted in four actual-ought high and low body fat groups that were significantly different from each other, F (3,204) = 105.8, $p < .0001$, $Eta^2 = .614$. There were no significant differences in extreme actual-ought body fat scores for sex. See table 11 for means and standard deviations.

Degrees of actual-ideal body fat discrepancies. The coding of the degrees of discrepancies resulted in four actual-ideal high and low body fat groups that were significantly different from each other, F(3,206) = 113.8 , $p < .0001$, $Eta^2 = .628$ There were no significant differences in the extreme actual-ideal body fat scores for sex. See table 10 for means and standard deviations.

The different degrees of actual-ought and actual-ideal silhouette discrepancies were significantly different for all the men's and women's mesomorphic and endomorphic scales. The different degrees of actual-ought and actual-ideal physical self-discrepancy scores for endurance, strength, coordination, appearance and body fat were all significantly different. There were no differences in any of the physical self-discrepancy scores for sex.

Physical Self-Discrepancies Relative to Affect

To determine the effect of the degree of self-discrepancies on the dependent variables, a series of MANOVAs was conducted. The dependent variables were affect such as; guilt, shame, pride, anger/hostility, tension/anxiety, fatigue/inertia, depression/dejection, and vigour/activity. Separate MANOVAs were conducted for each group of dependent variables. According to Higgins self-discrepancy theory, different types of discrepancies result in different types of affective consequences. For instance, a large actual-ought self-discrepancy results in agitation related affect such as anger/hostility, tension/anxiety and guilt. A large actual-ideal self-discrepancy results in dejection related affect such as depression/dejection, shame. The relation among affect and the size of the physical self-discrepancies were analysed using a Bonferonni correction to achieve a critical $p<0.005$.

Actual-Ought.

Actual-ought discrepancies and SSGS guilt. No significant difference was observed among any actual-ought self-discrepancy and guilt. See table 24-32 for mean and standard deviations.

Actual-ought discrepancies and SSGS shame. Shame was significantly different among the degrees of actual-ought self-discrepancies in coordination $F(3,204) = 4.951$, $p< .002$, $Eta^2 = .069$ and appearance $F(3,201) = 10.16$, $p< .0001$, $Eta^2 = .133$. Those participants with the largest actual-ought coordination discrepancies were observed to have the greatest amount of shame, followed by those with no self-discrepancy, small self-discrepancy then positive self-discrepancy. Those participants with the largest actual-ought appearance discrepancies were observed to have the greatest amount of shame, followed by those with small self-discrepancy, positive self-discrepancy then small self-discrepancies. Shame was not significantly different among any of the other actual-ought self-discrepancies. See table 24-32 for mean and standard deviations.

Actual- Ought Discrepancies and SSGS Pride. Pride was significantly different among the different degrees of actual-ought self-discrepancies in appearance F(3,202) = 16.88, $p < .0001$, $Eta^2 = .204$; coordination F(3,204) = 6.272, $p < .0001$, $Eta^2 = 0.086$; and women's mesomorphic silhouettes F(3,143) = 5.112, $p < .002$, $Eta^2 = 0.915$. Those participants with no actual-ought women's mesomorphic silhouette discrepancies were observed to have the greatest amount of pride, followed by those with small self-discrepancy, positive self-discrepancy then large self-discrepancy. Those participants with no actual-ought appearance discrepancies were observed to have the greatest amount of pride, followed by those with positive self-discrepancy, small self-discrepancy then large self-discrepancy. Those participants with no actual-ought coordination discrepancies were observed to have the greatest amount of pride, followed by those with small self-discrepancy, positive self-discrepancy then large self-discrepancy. Pride was not significantly different among high and low ought self-discrepancies in strength, body fat, endurance, men's endomorphic silhouette, men's mesomorphic silhouette, and women's endomorphic silhouette. See table 24-32 for mean and standard deviations.

Ought-discrepancies and POMS anger /hostility. Anger-hostility was not significantly different between the different degrees of actual-ought self-discrepancies in coordination, body fat, appearance, endurance, women's mesomorphic silhouette, men's mesomorphic silhouette, men's endomorphic silhouette and women's endomorphic silhouette. See table 20-28 for mean and standard deviations.

Actual-ought discrepancies and POMS tension / anxiety. Tension-anxiety was not significantly different among the different degrees of actual-ought self-discrepancies for strength, coordination, endurance, body fat, appearance, women's mesomorphic silhouette, men's mesomorphic silhouette men's endomorphic silhouette and women's endomorphic silhouette. See table 24-32 for mean and standard deviations.

Actual-ought discrepancies and POMS depression / dejection. Depression-dejection was significantly different among the different degrees of actual-ought self-discrepancies for coordination $F(3,205) = 5.437$, $p< .001$, $Eta^2 = .075$ and appearance $F(3,202) = 14.541$, $p< .0001$, $Eta^2 = .181$. Depression-dejection was not significantly different among the degrees of actual-ought self-discrepancies for endurance, strength, body fat, women's mesomorphic silhouette men's endomorphic silhouette, men's mesomorphic silhouette and women's endomorphic silhouette. See table 24-32 for mean and standard deviations.

Actual-ought discrepancies and POMS vigour / activity. Vigour-activity was significantly different among the different degrees of actual-ought self-discrepancies for coordination $F(3,205) = 7.017$, $p< .0001$, $Eta^2 = .095$; and appearance $F(3,202) =10.493$, $p< .0001$, $Eta^2 = .137$. Vigour-activity was not significantly different among the degree of actual-ought self-discrepancies for endurance, body fat, strength, women's mesomorphic silhouette, men's mesomorphic silhouette, men's endomorphic silhouette and women's endomorphic silhouette. See table 24-32 for mean and standard deviations.

Actual ideal.

***Actual-Ideal Discrepancies and SSGS Guilt*.** Guilt was not significantly different among the different degrees of actual-ideal self-discrepancies in appearance, coordination, strength, body fat, men's endomorphic silhouette, women's endomorphic silhouette, women's mesomorphic silhouette, men's mesomorphic silhouette, and endurance. See table 15-23 for mean and standard deviations.

Actual- ideal discrepancies and SSGS shame. Shame was significantly different among the different degrees of actual-ideal self-discrepancies in appearance F (3,205) =8.956, $p< .0001$, $Eta^2 = .117$; and coordination F(3,206) = 5.551, $p< .001$, $Eta^2 = .076$. Those participants with large actual-ideal coordination discrepancies were observed to have the greatest amount of shame, followed by those with small self-discrepancy, no self-discrepancy then positive self-discrepancy. Those participants with large actual-ideal appearance discrepancies were observed to have the greatest amount of shame, followed by those with small self-discrepancy, no self-discrepancy then positive self-discrepancy. Shame was not significantly different between high and low ideal self-discrepancies in strength, endurance, body fat, men's endomorphic silhouette, women's endomorphic silhouette, women's mesomorphic silhouette, and men's mesomorphic silhouette. See table 15-23 for mean and standard deviations.

Actual- ideal discrepancies and SSGS pride. Pride was significantly different among the different degrees of actual- ideal self-discrepancies in appearance F(3,206) = 15.092, $p< .0001$, $Eta^2 = .183$; and coordination F(3,206) = 5.380, $p< .0001$, $Eta^2 = .114$. Those participants with positive actual-ideal appearance discrepancies were observed to have the greatest amount of pride, followed by those with no self-discrepancy, small self-discrepancy then large self-discrepancy. Those participants with no actual-ideal coordination discrepancies were observed to have the greatest amount of pride, followed by those with small self-discrepancy, positive self-discrepancy then large self-discrepancy. Pride was not significantly different between high and low ideal self-discrepancies in strength, endurance, body fat, men's endomorphic silhouette, women's endomorphic silhouette, women's mesomorphic silhouette, and men's mesomorphic silhouette. See table 15-23 for mean and standard deviations.

Actual-ideal discrepancies and POMS anger/ hostility. Anger-hostility was not significantly different among the different degrees of actual- ideal self-discrepancies in strength, endurance, appearance, coordination, men's endomorphic silhouette, women's endomorphic silhouette, women's mesomorphic silhouette, and men's mesomorphic silhouette. See table 15-23 for mean and standard deviations.

Actual-ideal discrepancies and POMS tension/ anxiety. Tension-anxiety was not significantly different among the different degrees of actual-ideal self-discrepancies for appearance, coordination, endurance, body fat, strength, men's endomorphic silhouette, women's endomorphic silhouette, women's mesomorphic silhouette, and men's mesomorphic silhouette. See table 15-23 for mean and standard deviations.

Actual-ideal discrepancies and POMS depression / dejection. Depression-dejection was significantly different among the different degrees of actual-ideal self-discrepancies for appearance $F(3,206) = 7.514$, $p < .0001$, $Eta^2 = .100$; and coordination $F(3,206) = 8.703$, $p < .0001$, $Eta^2 = .114$. Those participants with large actual-ideal coordination discrepancies were observed to have the greatest amount of depression, followed by those with small self-discrepancy, no self-discrepancy then positive self-discrepancy. Those participants with large actual-ideal appearance discrepancies were observed to have the greatest amount of depression, followed by those with small self-discrepancy, no self-discrepancy then positive self-discrepancy. Depression-dejection was not significantly different among the different degrees of actual-ideal self-discrepancies for strength, body fat, endurance, men's mesomorphic silhouette, men's endomorphic silhouette, women's endomorphic silhouette, and women's mesomorphic silhouette. See table 15-23 for mean and standard deviations

Actual-ideal discrepancies and POMS vigour /activity. Vigour-activity was significantly different among the different degrees of actual-ideal self-discrepancies for appearance F(3,206) = 5.401, $p < .001$, Eta^2 = .074; and coordination F(3,206) = 7.607, $p < .0001$, Eta^2 = .101. Those participants with no actual-ideal coordination discrepancies were observed to have the greatest amount of vigour, followed by those with small self-discrepancy, positive self-discrepancy then large self-discrepancy. Those participants with no actual-ideal appearance discrepancies were observed to have the greatest amount of vigour, followed by those with positive self-discrepancy, small self-discrepancy then large self-discrepancy. Vigour-activity was not significantly different among the different degrees of actual-ideal self-discrepancies for endurance, strength, body fat, men's endomorphic silhouette, women's endomorphic silhouette, men's mesomorphic silhouette, and women's mesomorphic silhouette. See table 15-23 for mean and standard deviations.

Degrees of Physical Self-Discrepancies and Body Mass Index

To determine the effect of body mass index relative to the different degrees of physical self-discrepancy, a series of ANOVAs were conducted. The dependent variable was BMI. We were interested in examining if the participants BMI score was related to the different degree of physical self-discrepancy. The relation between BMI and the size of the physical self-discrepancies were analysed using a Bonferonni correction to achieve a critical p = .005.

BMI and degree of actual-ought men's endomorphic silhouette discrepancies.

The degree of actual-ought men's endomorphic groups had significantly different BMI scores, F(3,27) = 14.19, p< .0001, Eta² = .649. The men with large actual-ought endomorphic silhouette discrepancy scores had the largest BMI scores, followed by those with small or no silhouette self- discrepancies, and the smallest BMI scores were seen among those with a positive actual-ought endomorphic silhouette score. See table 43 for means and standard deviations.

BMI and degree of actual-ideal men's endomorphic silhouette discrepancies.

BMI scores were significantly different among men with different degrees of actual-ideal men's endomorphic discrepancy scores, F(3,27) = 7.55, p< .001, Eta² = .496. The men with large actual-ideal endomorphic silhouette discrepancy scores had the largest BMI scores, followed by those with small or no silhouette self- discrepancies, and the smallest BMI scores were seen among those with a positive actual-ideal endomorphic silhouette score. See table 44 for means and standard deviations.

BMI and degrees of actual-ought women's endomorphic silhouette discrepancies.

BMI scores were not significantly different among the different degrees of **women's** actual-ought endomorphic discrepancy scores. See table 45 for means and standard deviations.

BMI and degrees of actual-ideal women's endomorphic silhouette discrepancies.

The BMI scores were not significantly different among the different degrees of women's actual-ideal endomorphic discrepancy scores. See table 46 for means and standard deviations.

BMI and degrees of actual-ought men's mesomorphic silhouette discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ought men's mesomorphic discrepancies. See table 47 for means and standard deviations.

BMI and degrees of actual-ideal men's mesomorphic silhouette discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ideal men's mesomorphic discrepancies See table 48 for means and standard deviations.

BMI and degrees of actual-ought women's mesomorphic silhouette discrepancies:.

The BMI scores were not significantly different among the different degrees of actual-ought women's mesomorphic discrepancies. See table 49 for means and standard deviations.

BMI and degrees of actual-ideal women's mesomorphic silhouette discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ideal women's mesomorphic discrepancies. See table 50 for means and standard deviations.

BMI and degrees of actual-ought endurance discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ought endurance discrepancies. See table 33 for means and standard deviations.

BMI and degree of actual-ideal endurance discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ideal endurance discrepancies. See table 34 for means and standard deviations.

BMI and degree of actual-ought coordination discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ought coordination discrepancies. See table 35 for means and standard deviations.

BMI and degree of actual-ideal coordination discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ideal coordination discrepancies. See table 36 for means and standard deviations.

BMI and degree of actual-ought strength discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ought strength discrepancies. See table 37 for means and standard deviations.

BMI and degree of actual-ideal strength discrepancies.

The BMI scores were significantly different among the different degrees of actual-ideal strength discrepancies, $F(3,94) = 5.816$, $p < .001$, $\text{Eta}^2 = .162$. Those participants with no actual-ideal strength discrepancy had the greatest BMI scores, followed by the positive discrepancy, small discrepancy and the large strength discrepancy scores. See table 38 for means and standard deviations.

BMI and degrees of actual-ought appearance discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ought appearance discrepancies. See table 39 for means and standard deviations.

BMI and degree of actual-ideal appearance discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ideal appearance discrepancies. See table 40 for means and standard deviations.

BMI and degree of actual-ought body fat discrepancies.

The BMI scores were not significantly different among the different degrees of actual-ought body fat discrepancies. See table 41 for means and standard deviations.

BMI and degree of actual-ideal body fat discrepancies.

The BMI scores were significantly different among the different degrees of actual-ideal body fat discrepancies, $F(3,93) = 7.016$, $p < .0001$, $Eta^2 = .191$. See table 42 for means and standard deviations.

Current Physical Activity and the Different Degrees of Physical Self-Discrepancies

To determine the relation between current exercise behaviour and extreme high and low physical self-discrepancy and silhouette scores, a series of ANOVAs were conducted. The dependent variable was current physical activity behaviour. The relationship among current physical activity level and the size of the physical self-discrepancies were analysed using a Bonferonni correction to achieve a critical $p = 0.005$.

Current physical activity level and the different degrees of men and women's actual-ideal and actual ought silhouette discrepancies.

The participant's current physical activity level was not significantly different among the different degrees of silhouette scores. This was true for both actual-ought and actual-ideal self-discrepancies among men's and women's mesomorphic and endomorphic scales. See table 51-68 for means and standard deviations.

Current physical activity level among the different degrees of endurance discrepancies.

Current physical activity levels were observed to be significantly different among actual-ought endurance discrepancy groups; F (3,202) = 5.56, p<. 001, Eta² = .078 and actual-ideal endurance discrepancy groups; F (3,203) = 8.28, p<. 0001, Eta² = .111. The participants with no actual-ought endurance discrepancies had the highest current activity levels, followed by those with positive actual-ought endurance discrepancies, small discrepancies and then those with large discrepancies reported being the least active. The same trends were see with the actual-ideal endurance discrepancies. See table 59 and 60 for means and standard deviations.

Current physical activity level among the different degrees of coordination discrepancies.

Current physical activity levels were observed to be significantly different among actual-ought coordination discrepancy groups; F (3,205) = 8.61, p<. 0001, Eta² = .114. The participants with no actual-ought coordination discrepancies had the highest current activity levels, followed by those with positive actual-ought endurance discrepancies, small discrepancies and then those with large discrepancies reported being the least active. There was no significant difference among participants with different degrees of actual-ideal coordination discrepancies relative to current activity levels. See table 61 and 62 for means and standard deviations.

Current physical activity level among the different degrees of strength discrepancies.

Current physical activity levels were observed to be significantly different among actual-ought strength discrepancy groups; F (3,200) = 6.013, p<. 001, Eta² = .084. The participants with no actual-ought coordination discrepancies had the highest current activity levels, followed by those with small actual-ought endurance discrepancies, positive discrepancies and then those with large discrepancies reported being the least active. There was no significant difference among participants with different degrees of actual-ideal strength discrepancies relative to current activity levels. See table 63 and 64 for means and standard deviations.

Current physical activity levels and different degrees of appearance discrepancies.

The participant's current physical activity level was not significantly different among the different degrees of appearance discrepancies. This was true for both actual-ought and actual-ideal appearance discrepancies. See table 65 and 66 for means and standard deviations.

Current physical activity levels and different degrees of body fat discrepancies.

The participant's current physical activity level was not significantly different among the different degrees of body fat discrepancies. This was true for both actual-ought and actual-ideal appearance discrepancies. See table 67 and 68 for means and standard deviations.

Intentions to be Physically Active and Different Degrees of Physical Self-Discrepancies

To determine the relation between behaviour intentions to exercise and different degrees of physical self-discrepancy and silhouette scores, a series of ANOVAs was conducted. The dependent variable was behaviour intentions to be physically active. The relation among current physical activity level and the size of the physical self-discrepancies were analysed using a Bonferonni correction to achieve a critical $p = 0.005$.

Intentions to be physically active and different degrees of silhouette discrepancies.

Intended physical activity level was not significantly different among the different degrees of endomorphic and mesomorphic silhouette discrepancies for both men and women. This was true for both actual-ought and actual-ideal silhouette discrepancies. See table 51-58 for means and standard deviations.

Intentions to be physically active and different degrees of endurance discrepancies.

Intended physical activity levels were significantly different among the different degrees of actual-ideal endurance discrepancies, $F(3,203) = 5.35$, $p<.001$, $\text{Eta}^2 = .075$. The participants with positive endurance discrepancies reported behavioural intentions to be the most active, followed by those with no endurance discrepancies, small and those with large endurance discrepancies had the least intentions to be active. Intended physical activity levels were not significantly different among the different degrees of actual-ought endurance discrepancies. See table 59 and 60 for means and standard deviations.

Intentions to be physically active and different degrees of coordination discrepancies.

Intended physical activity levels were significantly different among the different degrees of actual-ought coordination discrepancies, F (3,205) = 8.65, $p < .0001$, $Eta^2 = .114$. The participants with no coordination discrepancies reported to have behavioural intentions to be the most active, followed by those with small coordination discrepancies, and those with large and positive coordination discrepancies had the least intentions to be active. Intended physical activity levels were not significantly different among the different degrees of actual-ideal coordination discrepancies. See table 61 and 62 for means and standard deviations.

Intentions to be physically active and different degrees of strength discrepancies.

Intended physical activity level was not significantly different among the different degrees of strength discrepancies. This was true for both actual-ought and actual-ideal strength discrepancies. See table 63 and 64 for means and standard deviations.

Intentions to be physically active and different degrees of appearance discrepancies.

Intended physical activity level was not significantly different among the different degrees of appearance discrepancies. This was true for both actual-ought and actual-ideal appearance discrepancies. See table 65 and 66 for means and standard deviations.

Intentions to be physically active and different degrees body fat discrepancies.

Intended physical activity level was not significantly different among the different degrees of body fat discrepancies. This was true for both actual-ought and actual-ideal body fat discrepancies. See table 67 and 68 for means and standard deviations.

Discussion

This study attempted to further our understanding of the role in which physical self-concept has relative to physical activity. The specific purpose of the study was to examine the relationships among actual-ought and actual-ideal physical self-discrepancies relative to dejection and agitation types of affect, current physical activity and intention to be physically active. More specifically, actual-ought physical self-discrepancies were hypothesised to result in agitation related affect, increased intention to exercise (to resolve the discrepancy). Actual-ideal physical self-discrepancies were hypothesized to result in dejection related affect, lower behavioural intentions to be physically active and possibly lower levels of current participation in physical activity (See table 71 and 72 for summary of the hypothesis).

According to Higgins's self-discrepancy theory, these relationships were hypothesized to be greater in a body salient environment than in a non-body salient environment.

Manipulation

The manipulation of the rooms was intended to create different levels of body salience among participants within the two different settings. The first room manipulation consisted of having the participants come to their scheduled appointment wearing shorts and a t-shirt to have their body composition assessed in a mirrored aerobics studio. Once the participants completed the body composition assessment they were asked to be seated on an aerobics bench in front of a mirror where they completed the questionnaire. The non-body salient room manipulation consisted of the participants reporting to a classroom in their regular attire to complete a questionnaire. The type of room the participants were randomized to had no significant impact on the participants' perception of his/ her physical self or types and levels affect. In order to assess the participant's perceived body salience within the two different contexts, the situational self-awareness scores were assessed and no significant differences were found. A second manipulation check was performed which assessed the participants current awareness of different aspects of the physical self, as well as other aspects of the selves such as intellect and financial status. This second manipulation check found no significant difference between the two different rooms. The manipulation of body salience using the room contexts showed no effect. The environmental context had no effect on any of the manipulation check variables or the dependent variables.

The lack of effect observed from the manipulation may be due to the fact that the participants in the mirrored room were not directly instructed to use his/her reflection in the mirror as a guideline for completing the questionnaire. If the participants were cued to look in the mirror prior to or during the completion of the questionnaire we may have seen different results.

A second explanation for the lack of differences between the two contexts is that this group of young, healthy university students may not be sensitive to this type of effect. The participants attending the body salient sessions may have not been concerned with the reflection of the image they saw in the mirror. Examining women's current fashion trends in clothing, with short shirts and low cut jeans and skirts being the current norm for young women, putting them in what we thought was a body salient context might have been too similar to everyday circumstances to have an effect. A different group of participants may have responded differently. The current manipulation may not have been sufficiently sensitive to the social reality of these participants and may have been more suitable for older participants and/or heavier participants. Fredrickson, Roberts, Noll, Quinn and Tewgw (1998) used a more sensitive manipulation for their study that consisted of one condition trying on a bathing suit and a second group trying on a sweater. A manipulation such as this one may have affected the participant's self-awareness to a greater extent than the mirror manipulation. Another option could be to have a manipulation where the body salient condition was assessed in an area, which provided less privacy, like in a busy fitness centre setting. Finally another body salient option would be to have the participants exercise or do some type of physical activity prior to completing the questionnaire.

Although no effect was observed between body salient and non-body salient rooms for physical self-perceptions and affect, there was a significant difference among self-reported activity levels. The participants in the mirrored studio reported significantly higher rates of physical activity than those assigned to the classroom. This was unexpected due to the participants being randomly assigned to the body salient or non-body salient rooms. These observations may be due to a demand effect created by the environmental characteristics. The body salient room which consisted of the participants meeting in a fitness studio, having a body composition assessment, and sitting on fitness steps to complete the questionnaires may have created environmental cues which provided the participant with information on how they are suppose to be. This would create a demand effect that may have encouraged the participants to respond in the desired behaviour of being more active.

Due to the lack of effect of the manipulation to perceptions of physical self and affect the data was collapsed across the two context groups for all subsequent analyses, and the "room" variable was no longer considered.

Actual/Ought/Ideal Silhouettes: Endomorphic and Mesomorphic Scales

Actual-self, ought-self and ideal-self are the three domains in which we evaluate and define ourselves (Higgins, 1987). Each participant rated his/her actual-self, ought-self and ideal-self on gender specific silhouettes in order to assess his/her physical self-perceptions of body size. The participants assessed his/her actual, ought and ideal perceptions of muscularity and body fatness using two sets of silhouettes which range in the amounts of muscularity (mesomorphic scales) and fatness (endomorphic scales). The men and women scored themselves using different silhouettes, therefore raw scores will not be compared directly due to differences in the scales, including the possible range of responses (the men's mesomorphic scale has five silhouettes, the women's muscularity has nine silhouettes, the men's endomorphic silhouettes has nine silhouettes and the women's endomorphic silhouettes has twelve silhouettes).

The differences observed among groups on the men's muscular silhouette results were as hypothesized, with the ideal scoring the highest in muscularity, followed by the ought score, and the actual score. This suggests that men believe they ought to be and ideally would like to be more muscular than they currently are. The men's endomorphic silhouette scores demonstrated that men's actual, ought and ideal body fatness scores were not significantly different from each other. These results suggest that men believe their current level of fatness is adequate relative to what they believe they ought to and ideally would like to be. The men's silhouettes in this study suggest that they are not concerned about their body fatness but are concerned about their muscularity. This is consistent with literature showing that men perceive a large, muscular, body as being more masculine, attractive and confident than a smaller thin body (Edwards & Launder, 2000) and that muscularity is more of a concern to men than body fatness (Butler & Ryckman, 1993). Many of the men's bodies seen in the media, professional sports figures, video games, and even toy figurines flaunt a body which is impossible for men to achieve with out a rigid diet and anabolic steroids (Pope, Olivardia, Grueber & Borowiecki, 1999, Cafri & Thompson, 2004, Leit, Gray & Pope, 2002). Over the last decade media has been glamorizing images of muscularly fit men's bodies (Kennedy, 2000, Harvey & Robinson, 2003, Leit et al., 2002). The cultural ideal of a hypermesomorphic body may create similar body dysmorphia disorders in men as those found in women wanting to be thinner. Men with a strong desire or obsession with being more muscular may experiment with or engage in maladaptive behaviors such as rigid dieting, steroid use, supplements and obligatory exercise regimes.

Women perceived their actual self scores on the muscle silhouette as smaller than their ought and ideal muscularity scores. Although the women suggested that they ought to and ideally would like to be more muscular, this is in a different form of muscularity than the men desired. Women want to be more toned, which would suggest that they would like to look muscular without any muscle bulk or excess size. Hausenblas, Janelle, Gardner & Hagan (2002) suggested that women want to have a lean muscular physique rather than a bulky muscular physique which men try to achieve. Consistent with previous literature, Rand & Wright (2000), women perceived their actual body fatness to be in the mid-range of the endomorphic scale, which has an obese body on one end of the scale and an emaciated body at the other end. The women scored them selves as having a mid-range score for body fatness and size, they believed they ought to be a little smaller than they currently were and ideally wanted to be even smaller. Previous studies have examined issues surrounding body ideal but not as much information is known about how women believe they ought to be. These findings are consistent with results from previous studies which have demonstrated that women of a healthy body weight, who do not have eating disorders or body dismorphia would ideally like their bodies to be thinner than they currently were (Kjaerbye-Thygesen, Munk, Ottesen et al., 2004, Lynch & Zellnar, 1999). This study found that women idealize and believe they ought to have a body that is smaller, leaner and more muscular than their ratings of their current bodies.

Both men's and women's actual endomorphic scores were at the mid point of their respective scales that suggesting there are not particularly fat or thin but within a healthy range. The silhouette ratings were consistent with BMI scores that were also within a healthy range for both the men and women. Although the men and women scored similarly regarding their actual body fatness, the women believed they should be thinner and ideally even thinner whereas men did not. Men and women's different views of their ought and ideal silhouettes look as if they follow traditional gender stereotypes. Women indicated preferring a lean muscular silhouette, whereas men preferred a large, bulky muscular body as a masculine silhouette. The idealization of traditional gendered body sizes may be one way of understanding the results from the actual, ought and ideal endomorphic silhouette scores.

Future studies looking at the actual, ought and ideal perceptions of body silhouettes for adults of various ages, from mid-twenties to middle aged, may derive very different results. Adults who are older than this sample with a mean age of 19.3 year would likely have a greater variation of body types and sizes of silhouettes than our sample had. It would also be interesting to find out if the ought and ideal body silhouettes change with changes in weight or size. People who are over-weight would likely have the same ideals but may have a fatter silhouette rating of their ought fatness compared to the university sample we assessed. Also, as one gets older and more comfortable in his/her skin, they may get used to their bodies and have a fatter version of an ideal and ought body for him/herself.

Baseline, Actual, Ought, and Ideal Physical Self Descriptions (PSDQ)

The silhouettes were used to capture a visual representation of the physical self, but do not necessarily provide a complete picture. The silhouettes do not provide information regarding perceived physical abilities of the body and the physical self. Items from the PSDQ were selected to provide an assessment of physical competences in addition to physical appearances. The original PSDQ items are used to measures one's physical self-perceptions of physical activity and physical appearance, as well as general physical self-esteem and the general physical self. We selected and used several physical competence and physical appearance based items that we felt were relevant to students and more closely connected to physical activity. Five subscales of the PSDQ representing physical competences (endurance, strength and coordination) and appearance (appearance and body fatness) were selected and the stems of the items were adapted to suggest an actual, ought or ideal perception of the physical self.

Unlike the silhouettes, the scoring procedures for the PSDQ items were the same for both men and women. They can therefore be examined separately or together if warranted. The ideal endurance, strength and coordination scores were the highest, followed by ought, baseline and actual scores. This suggests that men and women believe they ought to have greater endurance, strength and coordination then they currently possess and ideally would like to have even more than they ought. These findings are consistent with the hypothesis suggesting that we ought to have good physical competencies and ideally we would require an even greater amount of endurance, strength and coordination. According to self-presentation research, we view people who engage in physical activity more favourably than sedentary people on a variety of personality dimensions (Hodgins, 1992, Martin, Sinden & Flemming, 2000). In general one attempts to present themselves in a favourable manner, so it is not surprising that we believe we ought to and ideally should have good endurance, strength and coordination.

The comparison of men's and women's appearance subscale scores for baseline, actual, ought and ideal showed no significant difference. We expected the participants to feel pressure to have a better appearance than they currently reported. One possible reason for the actual and ought appearance scores being similar might be that the participants in this study were young, apparently healthy, university students. Society's view of a beautiful appearance is a youthful one, seeing as the average age of this group was nineteen years, they fit this category. The actual and ideal appearance scores were significantly different from each other, as hypothesised. The participants ideally would like to appear better looking than their current self-perceptions.

Men and women demonstrated significantly different baseline, actual, ought and ideal body fat scores. Men's baseline, actual and ought body fat scores were not significantly different from each other, which was not expected. As discussed earlier in the silhouette section men may have little social pressure to be less fat but rather they feel pressure to be more muscular. This is further supported by the similar lack of difference between the selves in men's endomorphic silhouette scores and the difference between the selves assessed by the men's mesomorphic silhouettes. Another possible reason for the similarities between actual and ought body fat among men may be that their current level of body fat is already quite low which is supported with the men's mirrored groups BMI scores of 22.7 kg/m^2. I propose that it is a combination of the two: the men in our study did perceive their actual silhouette to be in the middle of the spectrum therefore they are likely not particularly fat or skinny. Men's and women's baseline and actual body fat scores were significantly greater than their ideal body fat scores. Men believe they ideally may want to have less body fat. Women show the expected pattern which suggests that they should have less fat than they currently possess and ideally would like to have even less fat. Although the men wanted to have less body fat, they likely did not want to lose any overall size. Whereas women believed they ought to and ideally should be less fat and they likely wanted to be smaller is size and body fatness.

Actual-Ought and Actual Ideal Silhouette Self-Discrepancies.

Self-discrepancies exist where there is a definable, measurable, experiential difference between the different categories of actual, ideal, and ought self. Actual-ought and actual-ideal discrepancies were derived by subtracting the ought or ideal score from the actual score on the specific measure of interest. The self-discrepancy scores were divided into 4 categories; positive self-discrepancy, no self-discrepancy, small self-discrepancy and large self-discrepancy. Only those discrepancies found to be significantly different from each other are discussed.

Actual-ought and actual-ideal silhouette self-discrepancy.

The four different levels of actual-ought and actual-ideal men's mesomorphic silhouette discrepancy groups were significantly different from each other. None of the men had a positive self-discrepancy score which would suggest they currently too muscular relative to their ought or ideal mesomorphic silhouettes. The no self-discrepancy score for the men's muscular silhouette demonstrated that a few of the men believed they were currently as muscularity as they ought or ideally should be. The majority of the men believed they ought to be more muscular than they currently are and ideally be even more muscular. Previous research has examined men's perceptions of their current body relative to an ideal, but no research that we are aware of has looked at the way men believe they ought to look (Yelland & Tiggermann, 2003, Cafri & Thompson, 2004, Morrisson et al., 2004). The men's beliefs that they ought to be more muscular may be due to the increased glamorizing of muscularly fit men's bodies within the media (Leit et al., 2002). Glamorizing muscularly fit men's bodies with bulky upper body muscle and perfect washboard abs can be very dangerous to their health (Kennedy, 2000, Harvey & Robinson, 2003, Leit et al., 2002). These depictions of men's bodies are impossible for some men without the assistance of drugs, supplements or disordered eating, therefore even if they are exercising and engaging in healthy eating the men still report the ideal is to be even more muscular.

The four different levels of actual-ought and actual-ideal men's endomorphic silhouette discrepancy groups were significantly different from each other. A few men had a positive actual-ought and actual-ideal men's endomorphic silhouette discrepancy, which would suggest that they would like to be fatter. Some men may have wanted to become fatter may actually just want to be bigger, but not necessarily fatter. The silhouette images within the middle of the scale look as though they may be perceived as being generally bigger rather than fatter. The fair number of men demonstrated no endomorphic silhouette discrepancy. These men believe they are not too fat and not too skinny relative to their ought and ideal beliefs. A small group of the men felt they ought to and ideally should be less fat. Previous research has demonstrated that men who are homosexual, exercise in a fitness centre, involved in sports such as distance running, wrestling or gymnastics have been shown to have greater body dissatisfaction and would like to be less fat relative to other men (Williamson & Hartley, 1998, Yelland et al., 2003).

The actual-ought and actual-ideal women's muscularity silhouette groups were significantly different from each other. The women in the small and large discrepancy group believed they ought to be more muscular. The women in the positive muscularity silhouette groups believed they ought to be less muscular then they currently were. Some women also believed they was currently no difference between their actual and ought or actual and ideal muscularity. These are the same implication for the endomorphic silhouettes but for body fatness rather than muscularity. Most of the women had small self discrepancy for both muscularity and body fatness. This suggests there is probably some tension between the women's apparent desire to be both muscular and thin. Traditionally, women have shown no desire to be "big" whether in a muscular or a fat sense. The finding that their responses to the two sets of silhouettes shows that these two facets of physical appearance can be separated by the young women, and that their specific sense of physical self and their physical self goals probably consider these two facets separately. Further research is needed to develop these two aspects of self on comparable scales to address the issue both among women as well as between men and women.

It is not clear, however, that these differences for men are not merely reflecting a desire to be "bigger" as opposed to "fatter". Again, additional work developing scales suitable for teasing apart "bigness" from 'fatness" and from "muscularity" are needed to resolve this issue. Similarly, the women appear to want to be smaller, yet muscular. The silhouette assessment technique has several limitations that do not permit a more precise analysis of these specific aspects of physical self.

Actual-Ought and Actual-Ideal Physical Self-Description Discrepancies (PSDQ).

Endurance discrepancies.

The four different levels of actual-ought and actual-ideal endurance discrepancy scores were significantly different from each other. The majority of the participants possessed large actual-ought and actual-ideal endurance discrepancies followed by small no-discrepancy and positive discrepancy groups. This would suggest that the participants with positive or no actual-ought endurance self-discrepancies may currently posses an above average level of endurance that would result in them feeling as though their current level of fitness is adequate or they may not think they need a greater fitness level. The participants on the other end of the spectrum, with large actual-ought and actual-ideal endurance self-discrepancies believed they ought to have more endurance than they currently do. This could be due to a low actual endurance level or it could be due to high ought and ideal beliefs. Additional fitness testing would be necessary to determine whether these differences are perceived or are related to observable physical capabilities.

Strength discrepancies.

The four different levels of actual-ought and actual-ideal strength discrepancy scores were significantly different from each other. The actual-ideal strength discrepancy level in which the most participants were labelled was the large discrepancy level (84) followed by the small discrepancy (63), the positive discrepancy (39) and the no-discrepancy group (19). According to the actual-ought strength discrepancy scores the participants were labelled as having 76 small strength discrepancy scores, followed by 56 large discrepancy scores, 49 positive discrepancy scores and 19 no strength discrepancy scores. When comparing the ought and ideal self descriptions we can see there is a difference in the way the participants respond. In the case of strength more participants have large actual ideal strength discrepancies than actual-ought. This may due to the implications the participants ideals are of a greater standard then what they ought to be. The observed strength discrepancy scores for the no and positive discrepancy group were already strong and believed they are as strong as they ought to be. Alternatively, this may suggest that this group does not have a very high ought beliefs in regards to their strength. The large strength discrepancy group may have believed their current level of strength is less than it ought to be. This group may currently be weak relative to their ought beliefs or this group may be strong but possess much higher ought beliefs in regard to their strength.

Actual-ought coordination.

The four levels of actual-ideal and actual-ought coordination scores were significantly different from each other. The largest number of participants were labelled as having a small actual-ought coordination discrepancy (63), followed by a large (59), no discrepancy (42) and a positive discrepancy (41). The order of the scores for the actual-ideal coordination discrepancies were different from the actual-ought scores. The largest amount of participants had a large coordination discrepancy (84), followed by small discrepancy (63), a positive discrepancy (39) and no coordination discrepancy (19). Again the general observation is that participants have more large actual-ideal coordination discrepancies than large actual-ought coordination discrepancies.

Appearance discrepancies.

The four levels of actual-ought and actual-ideal appearance discrepancy scores were significantly different from each other. The largest group of actual-ought discrepancies among participants is those with positive discrepancy (96), followed by a small discrepancy (64), no discrepancy (28) and a large discrepancy (27). The participants actual-ideal discrepancies were the greatest among those labelled as a positive discrepancy (125), followed by a large discrepancy (45), a small (28) discrepancy and no discrepancy (8). This group generally believes they are good-looking relative to their ought and ideal self-descriptions. This was somewhat unexpected and may be due to the youth of the group. Their seems to be a large sub-group believe that either their current appearance is not very desirable or that they have high ideal standards for appearance. This is interesting when you compare the frequency of the participants as labelled as having a large actual-ideal discrepancy (45) score relative to the actual-ought discrepancy (28) score. This may suggest that an ought appearance description is considered a lower standard to participants than an ideal appearance description.

Body fat discrepancies.

The four different levels of actual-ought and actual-ideal body fat discrepancy scores were significantly different from each other. The level with the greatest amont of actual-ought body fat discrepancies is the positive body fat discrepancy (100), followed by the no body fat discrepancy (60), the small discrepancy (31) and trhe large discrepancy (13). We observed that the greatest frequency of body fat discrepancies were labelled as positive body fat discrepancies (158), followed by small body fat discrepancies (28), large (16) and no discrepancies (4).

The men and women in the positive actual-ideal and positive actual-ought discrepancy groups had a mean BMI of 21.9 kg/m^{2}and 22.9 kg/m^2 respectively, which is a healthy BMI for both men and women of this age category. These positive discrepancy groups describe themselves as not having too much fat on their body. It may be due to the men believe they are to skinny, and the women may believe they are currently not curvy enough or they may not believe they need to live up to societies incredibly high standards. The participants on the other end of the spectrum with large actual-ought and actual-ideal body fat discrepancy scores believed they ought to have less fat than what they currently possess and their BMI scores were 23.7 kg/m^{2}and 26.8 kg/m^2 respectively.

Although this BMI score for the large actual-ought body fat discrepancy is considered healthy for both men and women of this age, it is one of the higher scores within the range of healthy BMI scores. The BMI score for the large actual-ideal body fat discrepancies group was 26.8 kg/m^2 which is not within the health benefit zone. This would suggest that those with large actual-ideal discrepancies could loss some body fat to be considered to have greater health benefits.

Physical Self-Discrepancies Relative to Affect

Higgins (1987) suggests that different types of self-discrepancies result in different types affect. For example an actual-ought self discrepancy should result in agitation related affect such as guilt and tension/anxiety. Agitation related affect includes feelings of tension and apprehension, as well as feeling as though they are to blame when they have not achieved their goals or have gone against his/her own standards. Whereas an actual-ideal self-discrepancy would result in dejection related affect such as depression and shame. Dejection related affect may include feeling of pessimistic cognitions about the self and the environment, an avoidance of the external environment, heightened intentional focus on the self, and feelings of failure. A lack of a discrepancy or a small discrepancy would then result in positive affect, such as pride and vigour, which would be expressed as feelings of satisfaction or happiness. No significant difference was found for affect between men and women, therefore their scores have been collapsed.

Negative Affect

Depression. Depression is a form of dejection related affect, in which the person dwells on negative thoughts, has pessimistic cognitions about the self and experiences feelings of worthlessness. Higgins (1987) proposes and we hypothesized that a large discrepancy in actual-ideal self-discrepancies would result in greater dejection related affect, such as depression (see figure 1 and 2). Depression was found to be significantly different among the different levels of actual-ought and actual-ideal self-discrepancy for coordination and appearance. As expected the participants with the largest observed discrepancies resulted in greater amounts of negative affect, but we also suggested that depression would be related to an actual-ideal discrepancy but not actual-ought self-discrepancies (see table 75 and 76). The latter was not found.

Shame. Shame is the feeling one has when they know he/she did something wrong and they are sorry they did it (Tangney & Dearing, 2002; Tangney & Fisher, 1995). This type of dejection related affect is a painful emotion that may be constructed by the recognition that one has failed to act, behave or think in accordance with standards that one accepts as good. According to Higgins self-discrepancy theory (see figure 1 and 2), large actual-ideal self-discrepancies are suggested to result in dejection related affect such as shame. This study observed that the different levels of actual-ought and actual-ideal appearance and coordination discrepancies were associated with different amounts of shame. Those participants with large appearance and coordination discrepancy had the greatest amount of shame. Although we expected that larger discrepancies would result in greater amounts of negative affect, Higgins (1985) self-discrepancy suggests that dejection related affect such as shame would be related to an actual-ideal discrepancy but not actual-ought self-discrepancies. Again, this was not the case in this study.

From the results we have observed, it seems quite likely that any type of large discrepancy could allow us to dwell on the dejection related negative affect. The fact that we cannot differentiate which type of self-discrepancy is most prevalent or relevant to the participant makes it difficult to determine whether the actual-ought or actual-ideal self-discrepancy results in dejection related affect. It may be that 1)the actual-ideal discrepancy is the one which is producing the dejection related affect we observed; or 2) it may be that the actual-ought self discrepancy is the one that is producing the measured dejection related affect; or 3) it may be a combination of the actual-ought and actual-ideal self-discrepancies. In order to determine this in the future, we may ask the participants to whether their ought beliefs or ideal beliefs are more relevant or salient to them.

Anxiety and Guilt. Anxiety and guilt are forms of agitation related affect. Anxiety is characterized by feelings of tension and apprehension (Spielberger, 1972). Guilt is found when one knows they have done something wrong by acting in a manner which conflicts with their personal moral standards or societal standard (Tagney & Dearing, 2002). It is suggested by Higgins (1987) self-discrepancy theory that a large actual-ought self-discrepancy would result in agitation related emotions such as anxiety and guilt. In the present study, anxiety and guilt were not found to be significantly different among actual-ought or actual-ideal self-discrepancies.

It appears that anxiety and guilt are not generally relevant to physical self-discrepancies. This supports the previous speculation that people don't necessarily feel accountable for their physical self-discrepancies, which might help understand the predominance of the dejection related affective responses to both the actual-ought and actual-ideal self-discrepancies.

This study has observed that general forms of dejection related affect (depression and shame) are present in individuals with large actual-ought and actual-ideal self-discrepancies, while general forms of agitation related affect is not observed. According to the definition, dejection related affect is centred on the individual. The individual feels an intense negative emotion about themselves rather than the behaviour. This may explain why a general form of dejection is observed from the discrepancies but agitation is not. The fact the agitation is more about the behaviour; it is possible that agitation may only be experienced while doing physical activity or in exercise situations. For example when one misses a workout or when one has low competence while playing a sport they may feel agitated, but not when they are sitting in a classroom listening to a lecture. It seems likely that agitation might not overlap into other areas of the individual's thoughts of themselves while dejection related affect does. If agitation related affect does not overflow into other domains of one's life is advantageous for mental health reasons, but may be unfortunate for exercise adherence. If we were curious about agitation related affect we may need a specific instrument, which captures body specific, or exercise specific agitation related affect. Another means of capturing the specific form of agitation, we could question the affect levels of participants while they are participate in exercise to find out more about their behaviour specific agitation which may affect their adherence to exercise programs and their participation in sport.

Positive affect.

Pride and Vigour. Pride and vigour were significantly different between the different levels of actual-ought and actual-ideal and actual-ought coordination and appearance discrepancies; as well as women's actual-ought mesomorphic self-discrepancies and pride. Those participants with no self-discrepancies in these areas were observed to have the more observed positive affect than those with any size of discrepancy. Higgins does not discuss specific types of positive affect being related to one type of self-discrepancy over the other, but this follows our predicted hypothesis. The results do support the idea that those who are more satisfied with their physical characteristics in comparison to an ought or ideal standard are more likely to experience positive affect and self-satisfaction. This suggests that there are implications to the mental health of the individuals if they are satisfied with their perceptions of their coordination and appearance. When exercise trainers instruct individuals or group classes in the area of fitness it would be beneficial to add components or instructional techniques that make the participants feel as though their appearance and coordination are respectable. This may result in feelings of pride and vigour, which may assist participants to adhere to physical activity programs or classes.

Current and Intended Activity Level and Self-Discrepancies.

Participants who were currently the most physically active demonstrated no actual-ought and actual-ideal self-discrepancies among the domains of coordination and strength. The participants whom intended to be the most active had no actual-ought coordination discrepancies and no actual-ideal endurance discrepancies. These findings are as predicted. Those physical domains, which are more closely associated with exercise participation, such as endurance, strength and coordination, would be more satisfied among individuals who are active than non-active individuals.

BMI and Self-Discrepancies

From the participants randomized to the body salient environment, those with larger BMIs had larger actual-ideal body fat self-discrepancies; larger men's endomorphic silhouette discrepancies and no actual-ideal strength discrepancies. The fact that those who were larger also had greater body fat discrepancies was as expected. It is interesting that the men with larger bodies also had larger discrepancies in their silhouette scores where the women did not was surprising. From these observations we could speculate that all women, despite their size, have the same type of concerns about their body silhouette, while only larger men are concerned about their body silhouette.

Conclusion

Over all, Higgins's theory is not supported. There is no clear pattern of evidence that the type of self-discrepancy is relevant to a specific affective or behavioural consequences. There is, however, a fairly clear pattern of evidence pointing to a generalized effect of large physical self-discrepancies. Those individuals with larger self-discrepancies also report more dejection related affect. Physical self-discrepancies are not related to agitation related affect. Those participants who are more active have less physical-discrepancies in the domains of endurance, strength and coordination which would be as expected. It cannot be determined if these individuals are more active because they feel competent in these areas, or they are more competent in these areas consequently of being more active.

The participants with larger body fat self-discrepancies also have larger bodies. This is offering a consistent picture that suggests that individuals who are a bit bigger than average from their peers, are likely to display larger physical self-discrepancies, but primarily in body appearance domains. They are likely to display more dejection related affect and some agitation related affect that can be associated with the self-discrepancy. Dejection, which is the form of affect that is associated with passive avoidance of contexts that are likely to make those self-discrepancies salient. It appears possible, then, that large physical self-discrepancies are associated with the form of affect that is least likely to produce exercise behaviour persistence.

Practically, these results are interesting because they paint a fairly bleak picture with respect to the probability that those individuals with the largest self-discrepancies (who are also likely to be those at greatest health risk) will engage in regular physical activity. These results point to a need to study the affective correlates of motivation for physical activity. It is likely that, given the current sample, that these results are only a conservative estimate of what might be the case among older individuals and among individuals who are overweight and obese. Additional research in these populations promises to be of great theoretical and practical significance.

Limitations of The Current Study

The researcher acknowledges the following limitations in the study.

Sample: The sample for this study was recruited though the "PSYCH POOL", which is a program that allows students, registered in first year psychology courses to receive course credit for their participation in psychology studies. This recruitment strategy resulted in a sample of first and second year university students with a mean age of 19 year, BMI of 22 kg/m^2 and a disproportionate amount of women. This resulted in a very homogenous sample.

Design: The design of the study was altered from a within subject design to a between subject design in order to adhere to "PSYCH POOL" requirements. The requirements were that the participants were only allowed to participate in one session, lasting one hour or less. By using a between subject design

Physical Activity Levels: The reported physical activity level was higher in the body salient environment. This may due to the group being more active or it may have been a demand affect of the environment. Because the groups were randomly assigned, it is likely a demand effect.

Actual/ Ought/ Ideal PSDQ Questionnaire: The PSDQ was used to develop the Actual/ Ought and Ideal measures of endurance, coordination, strength, appearance and body fat. These questionnaires use of this questionnaire for actual/ought and ideal self-perceptions was not directly validated prior to the use in this study.

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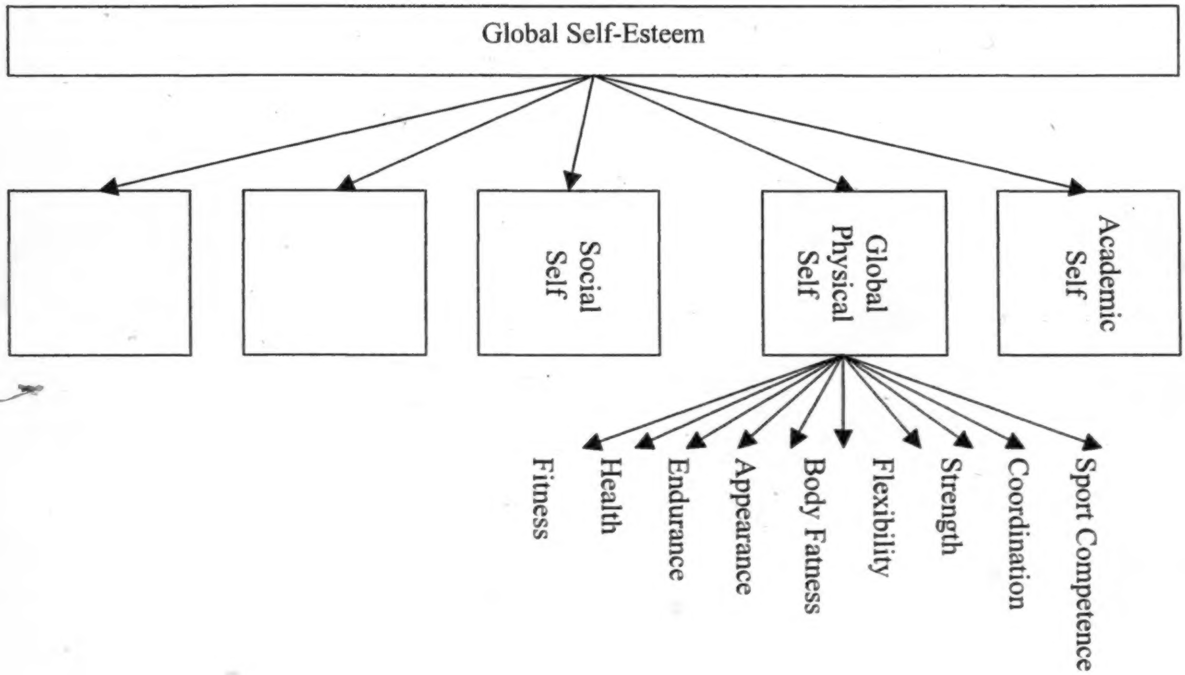
APPENDIX A

Figure 1: Self-Concept Hierarchical Model
Figure 2: Higgins Self-Discrepancy Theory
Figure 3: Higgins Self-Discrepancy Theory


Global Self-Esteem
Social Self
Global Physical Self
Academic Self
Fitness
Health
Endurance
Appearance
Body Fatness
Flexibility
Strength
Coordination
Sport Competence

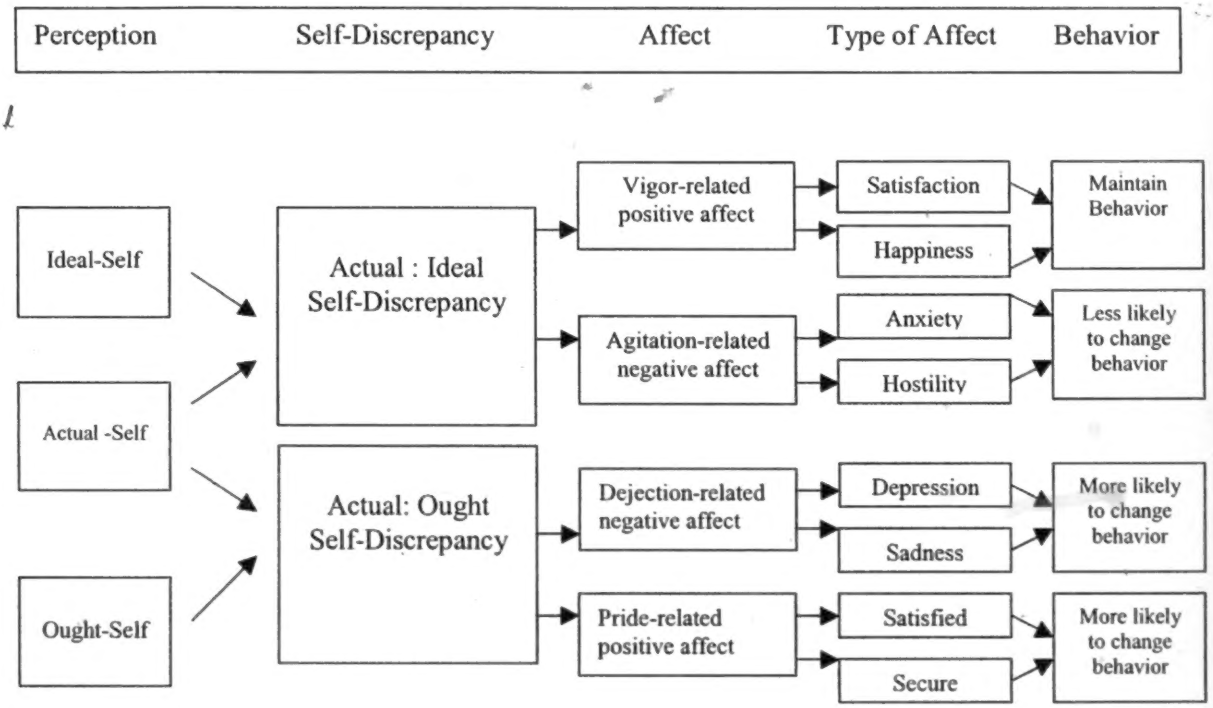

Perception
Self-Discrepancy
Affect
Type of Affect
Behavior
Ideal-Self
Actual -Self
Ought-Self
Actual : Ideal Self-Discrepancy
Actual: Ought Self-Discrepancy
Vigor-related positive affect
Agitation-related negative affect
Dejection-related negative affect
Pride-related positive affect
Satisfaction
Happiness
Anxiety
Hostility
Depression
Sadness
Satisfied
Secure
Maintain Behavior
Less likely to change behavior
More likely to change behavior
More likely to change behavior

Figure 2. Hypothesized Relations Related to Self-Discrepancies

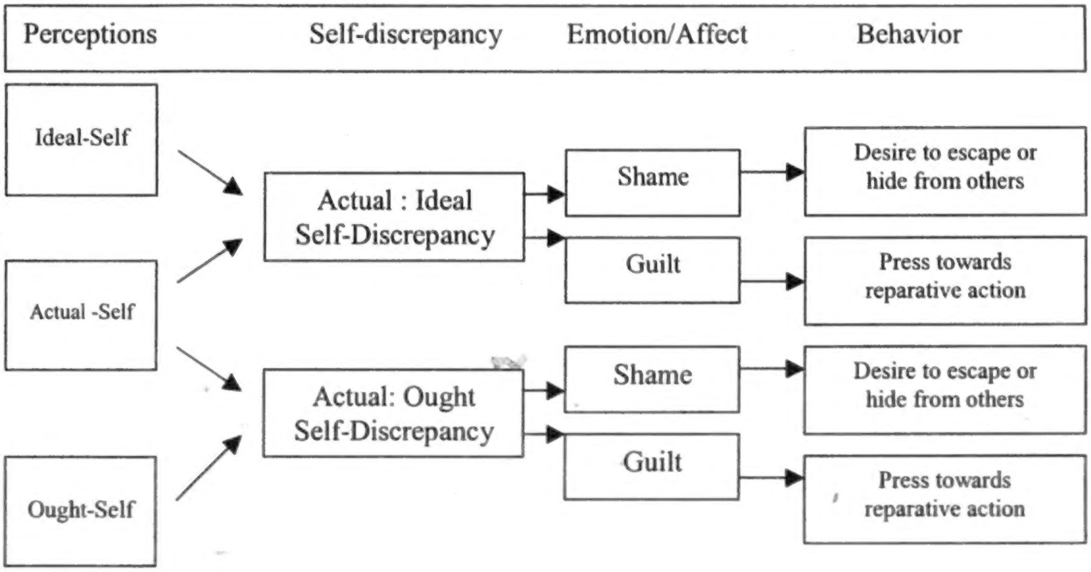

Perceptions
Self-discrepancy
Emotion/Affect
Behavior
Ideal-Self
Actual -Self
Ought-Self
Actual : Ideal Self-Discrepancy
Actual: Ought Self-Discrepancy
Shame
Guilt
Shame
Guilt
Desire to escape or hide from others
Press towards reparative action
Desire to escape or hide from others
Press towards reparative action

Figure 3. Hypothesized Relations Related to Self-Discrepancies

APPENDIX B

Body Salient Information Letter

Information Sheet – Group 2

The relationship among physical self-discrepancies, affective responses and behavioural intentions to exercise.

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Research Assistant:
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Purpose: The purpose of this study is to understand more about the role of physical self-perceptions relative to affect, exercise behaviour and intentions to exercise. This study will specifically examine self-perceptions of your physical strength, body fat, appearance and coordination as well as different ways people think about themselves.

Procedures: In order to address these questions, we are asking you to participate by having your body composition measured and by completing a questionnaire package. Before completing the questionnaire package we will do four body composition assessments. In a private area, the researcher and an assistant (one man and one woman will both be present) will measure your height with a tape measure, weight on a scale, waist and hip girth with a measuring tape and skin fold thickness with calipers. The five skinfold sites being measured include the biceps (front of arm), triceps (back of arm), subscapular (back), calf, and iliac crest (hip). Each skin fold site will be taken from the right side and will be land marked for accuracy with a pen. To measure skin fold thickness, the participant is asked to relax while the appraiser grabs and places the skin fold calipers over the fold for 2 seconds. This will feel like a small pinch. After completing the body composition assessment, you will complete a questionnaire package asking questions regarding how you feel about yourself, your body and your exercise intentions. This questionnaire package will take approximately 35 minutes. Once you complete the questionnaire package you will be debriefed.

Benefits/Risks: The *benefits to you* include receiving course credit (two credits) for the completion of the two sessions. You will get course credit even if you decline to have any of the assessments done. The *benefits to the researcher* include a better understanding the psychological factors related to exercise behaviour. There is a possibility of being bruised by the pinching of the skin calipers, but this risk is very slight. Some of the questions regarding how you feel about yourself may make you feel uncomfortable or upset. If this occurs you may skip the question and/or consult the researcher.

Confidentiality/ Freedom to Withdraw: To ensure confidentiality, all personal information will be coded and stored in a locked file cabinet in a lab at the University of Alberta to which only the investigators will have access. Informed consent will be stored separately from your questionnaire packages to make the data file anonymous. We will be retaining the anonymous data file indefinitely to allow us to analyze it again in the future. ***You are free to withdraw from the study or decline to answer any question at any time without consequence***. Simply inform the researcher of your wish. If you decide to withdraw from the study, your information will be removed from the study upon your request.

Potential Outputs: The data collected from this study will be used as part of a Master's Thesis. All study results will be presented in a group format. Other potential outputs of this study include publications in professional and applied academic journals, presentation of information at academic conferences, and presentations to students of physical activity and health.

Concerns of Study: This study has been approved by the Ethics Committee in the Faculty of Physical Education and Recreation and the Human Research Ethics Committee in the Department of Psychology. If you have any concerns about the study please feel free to call any of the investigators listed above or Sharon Randon, Research Participation Coordinator of the Department of Psychology (492-5689), who is otherwise not involved with this study.

Thank you, for your consideration. You may indicate your willingness to participate on the attached consent form.

Christina Loitz, B.P.E., C.F.C., Master Thesis Student
Investigator

APPENDIX C

Information Letter

Information Sheet – group2

The relationship among physical self-discrepancies,
affective responses and behavioural intentions to exercise.

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Research Assistant:
Geeta Vadgama, B. Kin.Faculty of Physical Education and Recreation

Purpose: The purpose of this study is to understand more about the role of physical self-perceptions relative to affect, exercise behaviour and intentions to exercise. This study will specifically examine self-perceptions of your physical strength, body fat, appearance and coordination as well as different ways people think about themselves.

Procedures: In order to address these questions, we are asking you to complete a questionnaire package. The questionnaire package takes approximately 30 minutes to complete. Once you have completed the questionnaire you will be debriefed. Your total time commitment for this study is 1 hour.

Benefits/Risks: The *benefits to you* include receiving course credit (one credit) for the completion of this session. The *benefits to the researcher* include a better understanding of the psychological factors related to exercise behaviours. Some of the questions may make you feel uncomfortable or upset. If this occurs you may skip the question and/or consult the researcher.

Confidentiality/ Freedom to Withdraw: To ensure confidentiality, all personal information will be coded and stored in a locked file cabinet in a lab at the University of Alberta to which only the investigators will have access. Informed consent will be stored separately from your questionnaire package to make the data file anonymous. We will be retaining the anonymous data file indefinitely to allow us to analyze it again in the future. You are free to withdraw from the study at any time without consequence. You are also free to decline to answer any question at any time. You may skip the question or inform the researcher that you feel uncomfortable answering the question. If you decide to withdraw from the study, your information will be removed from the study upon your request.

Potential Outputs: The data collected from this study will be used as part of a Master's Thesis. All study results will only be presented in group format, so that no one person will be identifiable. Other potential outputs of this study include publications in professional and applied academic journals, presentation of information at academic conferences, and presentations to students of physical activity and health.

Concerns of Study: This study has been approved by the Ethics Committee in the Faculty of Physical Education and Recreation and the Human Research Ethics Committee in the Department of Psychology. If you have any concerns about the study please feel free to call any of the investigators listed above or Sharon Randon, Research Participation Coordinator of the Department of Psychology (492-5689), who is otherwise not involved with this study.

Thank you, for your consideration. You may indicate your willingness to participate on the attached consent form.

Christina Loitz, B.P.E., C.F.C. , Master Thesis Student Investigator

APPENDIX D

Women's Questionnaire

Name: ____
Date: ________________________
Age: _________ Gender: M / F
Program Major: _____________________ Year of Study: ____________

---

1. Describe the room you are in.

____
____

2. What do you usually do in a room like this?

____
____
____

Please answer the next questions according to what you *did* over the last 4 weeks.

1. Considering a **7-day period** (a week), how many times on the average did you do the following kinds of exercise for a **15 minutes** bout during your **free time** (write in each square the appropriate number).

	TIMES PER WEEK
a) **Strenuous Exercise** ***(Heart beats rapidly)*** (i.e. running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling, strength training)	☐
b) **Moderate Exercise** ***(Not exhausting)*** (i.e. fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)	☐
c) **Mild Exercise** ***(Minimal effort)*** (i.e. yoga, archery, fishing from the riverbank, bowling, horseshoes, golf, snowmobiling, easy walking)	☐

2. Consider a **7-day period** (a week), during your **leisure-time** how often have you engage in any regular activity long enough to **work up a sweat** (heart beats rapidly)?

1. OFTEN ○ 2. SOMETIMES ○ 3. NEVER/RARELY ○

Please answer the next questions according to what you ***intend*** to do over the next 4 weeks.

1. Considering a **7-day period** (a week), how many times on the average do you intend to the following kinds of exercise for **more than 15 minutes** during your **free time** (write in each square the appropriate number).

	TIMES PER WEEK
b) **Strenuous Exercise *(Heart beats rapidly)*** (i.e. running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling, strength training)	☐
c) **Moderate Exercise *(Not exhausting)*** (i.e. fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)	☐
d) **Mild Exercise *(Minimal effort)*** (i.e. yoga, archery, fishing from the riverbank, bowling, horseshoes, golf, snowmobiling, easy walking)	☐

3. Consider a **7-day period** (a week), during your **leisure-time** how often do you engage in any regular activity long enough to **work up a sweat** (heart beats rapidly)?

1. OFTEN ○ 2. SOMETIMES ○ 3. NEVER/RARELY ○

4. Please describe your physical activity history:

(a) Listed below are 4 age categories. Place a check under the appropriate column to let us know how active you think you were (or are) in comparison to others of similar age and health? Please stop after your current age group.

	Less physically active	**About the same**	**More physically active**
Between the ages of 13 and 17, I was	________	________	________
Between the ages of 18 and 22, I was (I am)	________	________	________
Between the ages of 23 and 27, I was (I am)	________	________	________
Between the ages of 28 and 30, I was (I am)	________	________	________

(b) What kinds of physical activity did you do (list activity)?

Between ages 13 and 17: ____
Between ages of 18 and 27: ____
Between ages of 28 and 30: ____

When you are ready to begin, please read each sentence and decide your answer (you may read quietly to yourself if they are read aloud to you). There are six possible answers for each question — "TRUE," "FALSE," and four answers in between. There are six numbers next to each sentence, one for each of the answers. The answers are written at the top of the numbers. Choose your answer to a sentence and put a circle (O) around the number under the answer you choose. DO NOT say your answer aloud or talk about it with anyone else.

Before you start, there are three examples below. I have already answered two of the three sentences to show you how to do it. In the third one, you must choose your own answer and circle it (O).

	FALSE	MOSTLY FALSE	MORE FALSE THAN TRUE	MORE TRUE THAN FALSE	MOSTLY TRUE	TRUE
1. I like to read comic books	1	2	3	4	5	[✓ 6]

I put a circle around the number 6 under the answer "TRUE." *This means that I really like to read comic books. If I did not like to read comic books very much, I would have answered 1 (*FALSE*) or 2 (*MOSTLY FALSE*).*

2. In general, I am neat and tidy	1	2	[✓ 3]	4	5	6

(I answered MORE FALSE THAN TRUE *because I am definitely not very neat, but I am not really messy either).*

3. I like to watch TV	1	2	3	4	5	6

(For this sentence you have to choose the answer that is best for you. First you must decide if the sentence is TRUE *or* FALSE *for you, or somewhere in between. If you really like to watch T.V. a lot, you would answer* TRUE *by putting a circle around the last number* 6 *. If you hate watching T.V., you would answer* FALSE *by circling the number* 1*. If you do not like T.V. very much, but you watch it sometimes, you might decide to circle* 2 - MOSTLY FALSE *or* 3 - MORE FALSE THAN TRUE.*)*

If you want to change any answer you have marked, you should cross out the circle and put a new circle around another number on the same line. For all sentences be sure that your circle is on the same line as the sentence you are answering. You should have only one answer circled for each sentence. Do not leave out any sentences, even if you are not sure which number to circle. If you have any questions, hold up your hand. Otherwise please begin.

	FALSE	*MOSTLY FALSE*	*MORE FALSE THAN TRUE*	*MORE TRUE THAN FALSE*	*MOSTLY TRUE*	*TRUE*
1. When I get sick I feel so bad that I cannot even get out of bed	1	2	3	4	5	6
2. I feel confident when doing coordinated movements.	1	2	3	4	5	6
3. Several times a week I exercise or play hard enough to breathe hard (to huff and puff).	1	2	3	4	5	6
4. I am too fat.	1	2	3	4	5	6
5. Other people think I am good at sports.	1	2	3	4	5	6
6. I am satisfied with the kind of person I am physically.	1	2	3	4	5	6
7. I am attractive for my age.	1	2	3	4	5	6
8. I am a physically strong person.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
9. I am quite good at bending, twisting, and turning my body.	1	2	3	4	5	6
10. I can run a long way without stopping.	1	2	3	4	5	6
11. Overall, most things I do turn out well.	1	2	3	4	5	6
12. I usually catch whatever illness (flu, virus, cold, etc.) is going around.	1	2	3	4	5	6
13. Controlling movements of my body comes easily to me.	1	2	3	4	5	6
14. I often do exercise or activities that make me breathe hard.	1	2	3	4	5	6
15. My waist is too large.	1	2	3	4	5	6
16. I am good at most sports.	1	2	3	4	5	6
17. Physically, I am happy with myself.	1	2	3	4	5	6
18. I have a nice looking face.	1	2	3	4	5	6
19. I have a lot of power in my body.	1	2	3	4	5	6
20. My body is flexible.	1	2	3	4	5	6
21. I would do well in a test of physical endurance and stamina.	1	2	3	4	5	6
22. I don't have much to be proud of.	1	2	3	4	5	6
23. I am so sick so often that I cannot do all the things I want to do.	1	2	3	4	5	6
24. I am good at coordinated movements.	1	2	3	4	5	6
25. I get exercise or activity three or four times a week that makes me huff and puff and lasts at least 30 minutes.	1	2	3	4	5	6
26. I have too much fat on my body.	1	2	3	4	5	6
27. Most sports are easy for me.	1	2	3	4	5	6
28. I feel good about the way I look and what I can do physically.	1	2	3	4	5	6
29. I'm better looking than most of my friends.	1	2	3	4	5	6
30. I am stronger than most people my age.	1	2	3	4	5	6
31. My body is still and inflexible.	1	2	3	4	5	6
32. I could jog 5 kilometers without stopping.	1	2	3	4	5	6
33. I feel that my life is not very useful.	1	2	3	4	5	6
34. I hardly ever get sick or ill.	1	2	3	4	5	6
35. I can perform movements smoothly in most physical activities.	1	2	3	4	5	6

	FALSE	MOSTLY FALSE	MORE FALSE THAN TRUE	MORE TRUE THAN FALSE	MOSTLY TRUE	TRUE
36. I do physically active things (like jogging, dancing, bicycling, aerobics, gym, or swimming) at least three times a week.	1	2	3	4	5	6
37. I am overweight.	1	2	3	4	5	6
38. I have good sports skills.	1	2	3	4	5	6
39. Physically, I feel good about myself.	1	2	3	4	5	6
40. I am ugly.	1	2	3	4	5	6
41. I am weak and have no muscles.	1	2	3	4	5	6
42. My body parts bend well and move in most directions well.	1	2	3	4	5	6
43. I think I could run a long way without getting tired.	1	2	3	4	5	6
44. Overall, I'm no good.	1	2	3	4	5	6
45. I get sick a lot.	1	2	3	4	5	6
46. I find my body handles coordinated movements with ease.	1	2	3	4	5	6
47. I do lots of sports, dance, gym, or other physical activities.	1	2	3	4	5	6
48. My stomach is too big.	1	2	3	4	5	6
49. I am better at sports than most of my friends.	1	2	3	4	5	6
50. I feel good about who I am and what I can do physically.	1	2	3	4	5	6
51. I am good looking.	1	2	3	4	5	6
52. I would do well in a test of strength.	1	2	3	4	5	6
53. I think I am flexible enough for most sports.	1	2	3	4	5	6
54. I can be physically active for a long period of time without getting tired.	1	2	3	4	5	6
55. Most things I do, I do well.	1	2	3	4	5	6
56. When I get sick it takes me a long time to get better.	1	2	3	4	5	6
57. I am graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
58. I do sports, exercise, dance or other physical activities almost every day.	1	2	3	4	5	6
59. Other people think that I am fat.	1	2	3	4	5	6
60. I play sports well.	1	2	3	4	5	6
61. I feel good about who I am physically.	1	2	3	4	5	6
62. Nobody thinks that I'm good looking.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
63. I am good at lifting heavy objects.	1	2	3	4	5	6
64 I think I would perform well on a test measuring flexibility.	1	2	3	4	5	6
65. I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6
66. Overall, I have a lot to be proud of.	1	2	3	4	5	6
67. I have to go to the doctor because of illness more than most people my age.	1	2	3	4	5	6
68. Overall, I'm a failure.	1	2	3	4	5	6
69. I usually stay healthy even when my friends get sick.	1	2	3	4	5	6
70. Nothing I do ever seems to turn out right.	1	2	3	4	5	6

Below you will find a list of statements. Please read each statement carefully and decide if that statement describes you or not. If it describes you, circle the word "true"; if not, circle the word "false".

1. I sometimes litter.	**true**	**false**
2. I always admit my mistakes openly and face the potential negative consequences.	**true**	**false**
3. In traffic, I am always polite and considerate of others.	**true**	**false**
4. I have tried illegal drugs (for example, marijuana, cocaine, etc.).	**true**	**false**
5. I always accept others' opinions, even when they don't agree with my own.	**true**	**false**
6. I take out my bad moods on others now and then.	**true**	**false**
7. There has been an occasion when I took advantage of someone else.	**true**	**false**
8. In conversations I always listen attentively and let others finish their sentences.	**true**	**false**
9. I never hesitate to help someone in the case of emergency.	**true**	**false**
10. When I have made a promise, I keep it – no ifs, ands or buts.	**true**	**false**
11. I occasionally speak badly of others behind their back.	**true**	**false**
12. I would never live off other people.	**true**	**false**
13. I always stay friendly and courteous with other people, even when I am stressed out.	**true**	**false**

14. During arguments I always stay objective and matter-of-fact.	**true**	**false**
15. There has been at least one occasion when I failed to return an item that I borrowed.	**true**	**false**
16. I always eat a healthy diet.	**true**	**false**
17. Sometimes I only help because I expect something in return.	**true**	**false**

In the following questions, you will be asked to consider your physical characteristics that you think you ***actually, ideally and ought*** to be. We are interested in only your physical self. For example, this might include how you would describe your strength or appearance.

Actual self: Your beliefs concerning the physical attributes you think you actually possess.

Ideal self: Your beliefs concerning the physical attributes you would like ideally to possess; your ultimate goals for yourself.

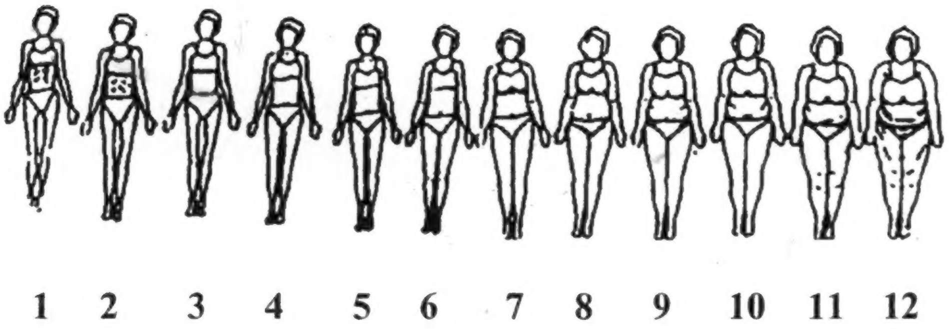
Ought self: Your beliefs concerning the physical attributes you believe you should or ought to possess; your personal standards or prescriptions for yourself.

For some people there might be almost no differences between these perspectives (actual/ideal/ought) for other people there might be large differences. Please answer all sections without looking at your previous response.

For this section of the questionnaire, consider your *actual self.*

Actual self: Your beliefs concerning the physical attributes you think you actually possess, right now.

1. Please *circle* the number below the silhouette that ***looks most like your actual self, right now***.

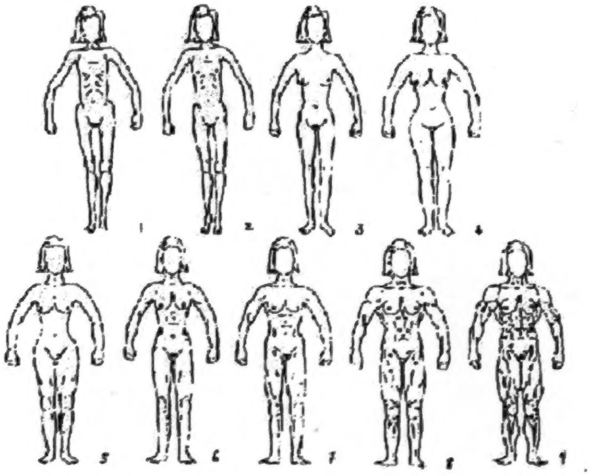


Please complete the following section at how you feel ***right now***.

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
1. At this moment, I feel confident when doing coordinated movements.	1	2	3	4	5	6
2. Several times a week I exercise or play hard enough to breathe hard (to huff and puff).	1	2	3	4	5	6
3. Right now, I am too fat.	1	2	3	4	5	6
4. Right now, I am attractive for my age.	1	2	3	4	5	6
5. At this moment, I am a physically strong person.	1	2	3	4	5	6
6. Currently, I can run a long way without stopping.	1	2	3	4	5	6
7. At this moment, my waist is too large.	1	2	3	4	5	6
8. Right now, controlling movements of my body comes easily to me.	1	2	3	4	5	6
9. Right now, I have a nice looking face.	1	2	3	4	5	6
10. Currently, I have a lot of power in my body.	1	2	3	4	5	6
11. Right now, I would do well in a test of physical endurance and stamina.	1	2	3	4	5	6
12. At this moment, I am good at coordinated movements.	1	2	3	4	5	6
13. Right now, I have too much fat on my body.	1	2	3	4	5	6
14. Currently, I'm better looking than most of my friends.	1	2	3	4	5	6
15. Currently, I am stronger than most people my age.	1	2	3	4	5	6
16. Right now, I could jog 5 kilometers without stopping.	1	2	3	4	5	6
17. Currently, I can perform movements smoothly in most physical activities.	1	2	3	4	5	6
18. Right now, I am overweight.	1	2	3	4	5	6
19. At this moment, I am ugly.	1	2	3	4	5	6
20. Right now, I am weak and have no muscles.	1	2	3	4	5	6
21. At this moment, I think I could run a long way without getting tired.	1	2	3	4	5	6
22. Right now, I find my body handles coordinated movements with ease.	1	2	3	4	5	6
23. Right now, my stomach is too big.	1	2	3	4	5	6
24. Right now, I am good looking.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
25. Right now, I would do well in a test of strength.	1	2	3	4	5	6
26. Currently, I can be physically active for a long period of time without getting tired.	1	2	3	4	5	6
27. Currently, I am graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
28. Right now, other people think that I am fat.	1	2	3	4	5	6
29. Currently, nobody thinks that I'm good looking.	1	2	3	4	5	6
30. Currently, I am good at lifting heavy objects.	1	2	3	4	5	6
31. Right now, I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6

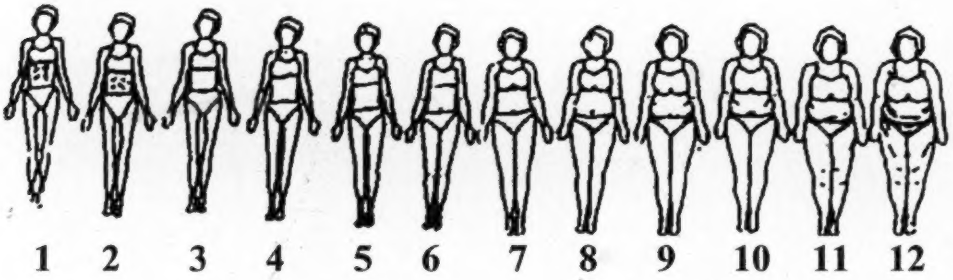
1. Please circle the number below the silhouette that ***looks most like your actual self, right now***.



For this section of the questionnaire, consider your *ideal self.*

Ideal self: Your beliefs concerning the physical attributes you would like ideally to possess; your ultimate goals for yourself.

1. Please circle the number below the silhouette that you believe that you ***ideally would like to look like, right now***.



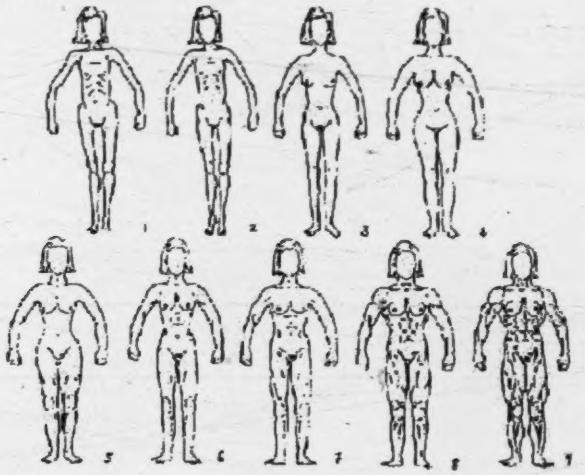
3. Please what you ***ideally would like to be*** like when completing the following questionnaire.

	False	**Mostly False**	**More False Than True**	**More True Than False**	**Mostly True**	**True**
1. Right now, I wish, I felt confident when doing coordinated movements.	1	2	3	4	5	6
2. Ideally right now, I wish I could exercise or play hard enough to breathe hard (to huff and puff) several times a week.	1	2	3	4	5	6
3. Right now, ideally, I would like to be fatter.	1	2	3	4	5	6
4. Right now, ideally, I wish I was attractive for my age.	1	2	3	4	5	6
5. At this moment, ideally, I wish I was a physically strong person.	1	2	3	4	5	6
6. Currently, I ideally would like to run a long way without stopping.	1	2	3	4	5	6
7. Right now, I would ideally like my waist to be smaller.	1	2	3	4	5	6
8. Right now, I would ideally like to be able to control the movements of my body easily.	1	2	3	4	5	6
9. At this moment, I ideally wish to have a nice looking face.	1	2	3	4	5	6
10. Currently, I wish to have a lot of power in my body.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
11. Right now I ideally would like to do well in a test of physical endurance and stamina.	1	2	3	4	5	6
12. At this moment, I ideally would like to be good at coordinated movements.	1	2	3	4	5	6
13. At this moment, I have too much fat on my body compared to my ideal.	1	2	3	4	5	6
14. At this moment, I ideally would like to be better looking than most of my friends.	1	2	3	4	5	6
15. At this moment, I ideally would like to be stronger than most people my age.	1	2	3	4	5	6
16. Currently, I ideally would like to jog 5 kilometres without stopping.	1	2	3	4	5	6
17. Currently, I ideally would like to perform movements smoothly when doing physical activities.	1	2	3	4	5	6
18. At this moment, I would consider myself overweight relative to my ideal.	1	2	3	4	5	6
19. At this moment, I would consider myself ugly relative to my ideal.	1	2	3	4	5	6
20. Right now, I would consider myself weak and have no muscles relative to my ideal.	1	2	3	4	5	6
21. Right now, I ideally would like to run a long way without getting tired.	1	2	3	4	5	6
22. Right now, I ideally would like my body to handle coordinated movements with ease.	1	2	3	4	5	6
23. Currently, my stomach is too big relative to my ideal.	1	2	3	4	5	6
24. Currently, I ideally wish to be good looking.	1	2	3	4	5	6
25. Right now, I wish to ideally do well in a test of strength.	1	2	3	4	5	6
26. At this moment, I ideally would like to be physically active for a long period of time without getting tired.	1	2	3	4	5	6
27. Currently, I ideally would like to be graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
28. At this moment, other people think that I am fat relative to my ideal.	1	2	3	4	5	6
29. At this moment, nobody thinks that I'm good looking compared to my ideal.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
30. Right now, I wish ideally I were good at lifting heavy objects.	1	2	3	4	5	6
31. Currently, I wish I ideally would like to be good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6

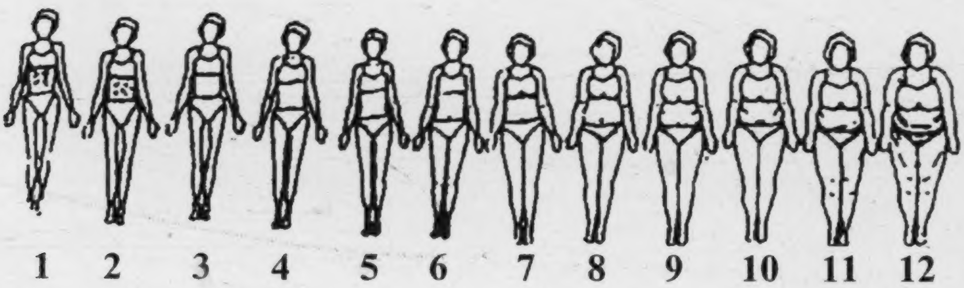
3. Please circle the number below the silhouette that you believe that you ***ideally would like to look like, right now***.



For this section of the questionnaire consider your *ought self*.

Ought self: Your beliefs concerning the physical attributes you believe you should or ought to possess; your personal standards or prescriptions for yourself, right now.

1. Please circle the number below the silhouette that you believe that you ***ought to look like, right now***.

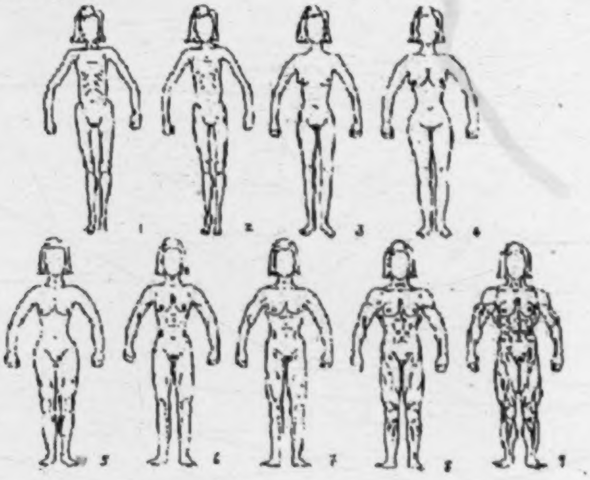


2. Please consider how you ***ought to be right now*** when completing the following questionnaire.

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
1. Right now, I feel I ought to be confident when doing coordinated movements.	1	2	3	4	5	6
2. Currently, I believe I should I exercise or play hard enough to breathe hard (to huff and puff) several times a week.	1	2	3	4	5	6
3. Right now, I am too fat compared to how I should be.	1	2	3	4	5	6
4. At this moment, I should be attractive for my age.	1	2	3	4	5	6
5. Currently, I ought to be a physically strong person.	1	2	3	4	5	6
6. At this moment, I ought to be able to run a long way without stopping.	1	2	3	4	5	6
7. Right now, my waist is too large compared to how it should be.	1	2	3	4	5	6
8. At this moment, controlling movements of my body ought to comes easily to me.	1	2	3	4	5	6
9. Currently, I ought to have a nice looking face.	1	2	3	4	5	6
10. Right now, I ought to have a lot of power in my body.	1	2	3	4	5	6
11. Right now, I ought to do well in a test of physical endurance and stamina.	1	2	3	4	5	6
12. Currently, I ought to be good at coordinated movements.	1	2	3	4	5	6
13. Right at this moment, I have too much fat on my body compared to the amount I should.	1	2	3	4	5	6
14. Right now, I ought to be better looking than most of my friends.	1	2	3	4	5	6
15. Right now, I ought to be stronger than most people my age.	1	2	3	4	5	6
16. At this moment, I ought to be able to jog 5 kilometres without stopping.	1	2	3	4	5	6
17. At this moment, I ought to perform movements smoothly in most physical activities.	1	2	3	4	5	6
18. At this moment, I am overweight compared to how much I should weigh.	1	2	3	4	5	6
19. Right now, I am ugly compared to how I should look.	1	2	3	4	5	6
20. Right now, I am weak and have no muscles compared to how I should be.	1	2	3	4	5	6
21. Right now, I should be able to run a long way without getting tired.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
22. At this moment, I find my body ought to handle coordinated movements with ease.	1	2	3	4	5	6
23. At this moment, my stomach is too big compared to how it should be.	1	2	3	4	5	6
24. Currently, I ought to be good looking.	1	2	3	4	5	6
25. Right now, I believe I ought to be able to do well in a test of strength.	1	2	3	4	5	6
26. Currently, I ought to be physically active for a long period of time without getting tired.	1	2	3	4	5	6
27. Currently, I should be graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
28. Right now, other people think that I am fat compared to what I should be.	1	2	3	4	5	6
29. Right now, nobody thinks that I'm good looking compared to what I should be.	1	2	3	4	5	6
30. At this moment, I ought to be good at lifting heavy objects.	1	2	3	4	5	6
31. At this moment, I ought to be good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6

3. Please circle the number below the silhouette that you believe that you ***ought to look like, right now***.



Please circle the number that best represents how you feel right now.

Right now, I have feel…

“Not al all” “a little” “moderate” “quite a bit” “Extremely”

1) Friendly	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
2) Tense	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
3) Angry	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
4) Worn out	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
5) Unhappy	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
6) Clear headed	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
7) Lively	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
8) Confused	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
9) Sorry for things done	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
10) Shaky	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
11) Listless	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
12) Peeved	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
13) Considerate	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
14) Sad	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
15) Active	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
16) On edge	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
17) Grouchy	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
18) Blue	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
19) Energetic	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely

20) Panicky	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
21) Hopeless	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
22) Relaxed	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
23) Unworthy	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
24) Spiteful	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
25) Sympathetic	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
26) Uneasy	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
27) Restless	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
28) Unable to concentrate	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
29) Fatigued	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
30) Helpful	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
31) Annoyed	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
32) Discouraged	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
33) Resentful	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
34) Nervous	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
35) Lonely	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
36) Miserable	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
37) Muddled	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
38) Cheerful	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
39) Bitter	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
40) Exhausted	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely

41) Anxious	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
42) Ready to fight	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
43) Good natured	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
44) Gloomy	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
45) Desperate	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
46) Sluggish	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
47) Rebellious	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
48) Helpless	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
49) Weary	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
50) Bewildered	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
51) Alert	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
52) Deceived	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
53) Furious	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
54) Efficient	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
55) Trusting	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
56) Full of pep	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
57) Bad tempered	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
58) Worthless	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
59) Forgetful	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
60) Carefree	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely
61) Terrified	0 “Not al all”	1 “a little”	2 “moderate”	3 “quite a bit”	4 “Extremely

62) Guilty	0 "Not al all"	1 "a little"	2 "moderate"	3 "quite a bit"	4 "Extremely
63) Vigorous	0 "Not al all"	1 "a little"	2 "moderate"	3 "quite a bit"	4 "Extremely
64) Uncertain about things	0 "Not al all"	1 "a little"	2 "moderate"	3 "quite a bit"	4 "Extremely
65) Bushed	0 "Not al all"	1 "a little"	2 "moderate"	3 "quite a bit"	4 "Extremely

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The following are some statements, which may or may not describe how you are feeling right now. Please rate each statement using the 5-point scale below. ***Remember to rate each statement based on how you are felling at this moment.***

	Not feeling this way at all		**Feeling this way somewhat**		**Feeling this way very strongly**
1. I feel good about myself.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
2. I want to sink into the floor and disappear.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
3. I feel remorse, regret.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
4. I feel worthwhile, valuable.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
5. I feel small.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
6. I feel tension about something I have done.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
7. I feel capable, useful.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
8. I feel like I am a bad person.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
9. I cannot stop thinking about something bad I have done.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
10. I feel proud.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
11. I feel humiliated, disgraced.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
12. I feel like apologizing, confessing.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
13. I feel worthless, powerless.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
14. I feel bad about something I have done.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*
15. I feel good about myself.	1 *not at all*	2	3 *somewhat*	4	5 *very strong*

Below are several situations that people are likely to encounter in day-to-day life, followed by several common reactions to these situations. As you read each scenario, try to imagine yourself in that situation. ***Then indicate how you would react in each scenario by circling the most accurate response.***

1. You and a friend decide to do some form of physical activity together each weekday, but after the first few days you make excuses not to go.

   (a) You would think: I'm totally undisciplined.
   (b) You would think: There were too many other things that distracted my attention.
   (c) You would think: I'll make up for it next week.
   (d) You wouldn't think about it as terribly important.

2. Your partner expresses disappointment over your body.

   (a) You would attribute your partner's disapproval to wrong priorities.
   (b) You would wonder "Why?" since you are happy with your physique.
   (c) You would attribute your partner's disapproval to your failure to keep trim.
   (d) You would feel diminished in your image of yourself.

3. Someone makes a negative comment about some aspect of your physique.

   (a) You would feel so badly that you wouldn't be able to focus on anything else that day.
   (b) You would think: I must commit myself to regular exercise and watch what I eat.
   (c) You would think the person was insensitive and didn't realize what she or he was saying.
   (d) You wouldn't be troubled since people say negative things for all kinds of reasons.

4. You go to the gym and everybody seems to have a better-looking body than you.

   (a) You wouldn't care because your body is not an important aspect of your self-worth.
   (b) You would think: I should have stuck to my exercise program.
   (c) You would feel so awful that you want to hide.
   (d) You would think: They don't lead busy lives, so they are able to exercise regularly.

5. Your partner asks you to lose weight.

   (a) You would feel worthless and undervalued.
   (b) You would decide to do something about your weight.
   (c) You would tell your partner that she or he should accept you for who you are.
   (d) You would tell your partner that she or he is not perfect either.

6. You sit down in a self-serve restaurant and notice that you have much more food on your plate than everyone else at your table.

   (a) You would say to yourself that you are hungrier than they are.
   (b) You would decide not to eat all the food on your plate.
   (c) You would feel bad and think that everybody is looking at you and your food.
   (d) You wouldn't be worried and wouldn't give it a second thought.

7. You are at the beach and everyone else looks so slim and toned compared to you.

   (a) You would think: I need to get back to my healthy lifestyle plan.
   (b) You would think: There will always be people who look better than I.
   (c) You would feel totally inadequate and stay covered up.
   (d) You wouldn't care. How your body looks is not the most important thing in your life.

8. You have just eaten a big lunch, but as you pass the corner store, you buy a chocolate bar and eat it.

   (a) You would say to yourself: Tonight I will go for a long walk or run to make up for it.
   (b) You would say to yourself: I just felt like having something sweet.
   (c) You would feel disgusted by your lack of self-control.
   (d) You would say to yourself: Who cares?

9. At a family reunion, a relative says to you "You look like you've put on some weight."

   (a) You would feel embarrassed and belittled.
   (b) You would think: She or he didn't intend to be insensitive.
   (c) You would think: That person never liked me!
   (d) You would think that you deserved the comment and decide to lose some weight.

10. While you are with a group of friends you all make fun of an absent friend's body.

    (a) You would think: It was a joke; it's harmless.
    (b) You would feel immature and insensitive.
    (c) You would decide that you had to go along with it at the time.
    (d) You would promise yourself not to do it again.

11. While looking at some models on a swimsuit calendar, your partner makes negative comparisons in relation to your body.

    (a) You would regret that you put off exercising this week.
    (b) You would think your partner is too concerned about external beauty.
    (c) You wouldn't be bothered by the calendar images; they are just pictures.
    (d) You would feel inadequate because you know you don't compare favourably.

12. You are trying on clothes in a store and the assistant says loudly, "You may need a larger size!"

    (a) You would feel as though you want the ground to open up and swallow you.
    (b) You would think: I won't buy these clothes until I can fit into them.
    (c) You would regard the comment as unimportant.
    (d) You would think: The assistant is probably having a bad day.

13. You are watching a television show with a friend and notice that all the actors have perfect bodies.

    (a) You would say to your friend: They have money for a personal trainer!
    (b) You would tell your friend that you've decided to stop eating junk food from now on.
    (c) You would tell your friend how very depressed you feel after seeing all of those perfect bodies.
    (d) You would laugh with your friend about how unrealistic the show is.

14. Halfway through a celebration dinner, you realize you feel very full and that you have eaten far too much.

    (a) You would feel very bad that you have no self-control.
    (b) You would decide not to eat any of the desserts that are in front of you.
    (c) You would be philosophical and say to yourself that it is a celebration.
    (d) You would think: What's done is done.

15. You find that your clothes from last summer are very tight around your waist.

    (a) You would think: Well, it's time to buy some new clothes anyway!
    (b) You would feel undisciplined and overweight.
    (c) You would go out and buy a 6-month membership to a gym.
    (d) You would think: I've been very busy over the last year, with no time to exercise.

The following questions concern the reasons people often give when asked why they exercise. ***Whether you currently exercise regularly or not, please read each statement and indicate, by circling the appropriate number, whether or not each statement is true for you personally, or would be true personally if you did exercise***. Remember, we want to know why you personally choose to exercise or might choose to exercise, not whether you think the statements are good reasons for anybody to exercise.

	Not true for me	Sometimes true for me.	Moderately true for me.	Often true for me.	Very true for me.
1. I feel like a failure when I haven't exercised in a while.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
2. I don't see the point in exercising.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
3. I get restless if I don't exercise regularly.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
4. I think it is important to make the effort to exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
5. I find my exercise a pleasurable activity.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
6. It's important to make the effort to exercise regularly.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
7. I get pleasure and satisfaction from participating in exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
8. I feel under pressure from my friends/family to exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
9. I exercise because it is fun.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
10. I exercise because other people say I should.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
11. I feel shamed when I miss an exercise session.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
12. I exercise because others will not be pleased with me if I don't.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*

13. I don't see why I should have to exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
14. I enjoy my exercise sessions.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
15. I think exercising is a waste of time.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
16. I feel guilty when I don't exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
17. I take part in exercise because my friend/spouse/family say I should.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
18. I can't see why I should bother to exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
19. I value the benefits of exercise.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
20. I exercise because it symbolizes who and what I am.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
21. I take part in exercise because it is consistent with my life goals.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
22. I consider exercise to be an important part of my identity.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
23. I participate in exercise because it has become a fundamental part of who I am.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
24. I exercise because it is consistent with my alues.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
25. I exercise because it is an important choice I have made that reflects who I am	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
26. I exercise because it is important to me as a person.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*
27.I exercise because it is an important part of how I define myself as a person.	0 *Not True*	1 *Sometimes True*	2 *Moderately True*	3 *Often True*	4 *Very True*

If you are currently participating in exercise, please indicate:
Why are you currently participating in exercise?

If you do not participate in exercise, please indicate:
Why you would participate in exercise?

Directions: Please read each of the statements listed below and indicate how strongly you agree or disagree with each statement by circling the appropriate response to the right of the statement.

	Strongly Disagree	Disagree	Moderately Disagree	Moderately Agree	Agree	Strongly Agree
…because it is consistent with what I value.	1	2	3	4	5	6
…because exercising is an important aspect of how I perceive myself	1	2	3	4	5	6
…because I value the way exercise allows me to make changes in my life	1	2	3	4	5	6
…because I feel that the changes that are taking place through exercise are becoming part of me	1	2	3	4	5	6

We may be aware of different aspects of ourselves depending on the context we are. For example when we go cloths shopping we may be aware of different aspects of our selves than when we are sitting in class listening to the lecturer. Please fill out the following accordingly.

Right now, in this context how aware, are you of the following aspects of yourself?

	Not at all aware			***Somewhat aware***			***Completely aware***
1. Your stomach	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
2. Your clothing	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
3. Your nutritional status	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
4. Your hair	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
5. Your physical strength	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
6. Your intellect	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
7. Your muscularity	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
8. Your weight	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
9. Your arms	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
10. Your academic standing	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
11. Your face	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
12. Your height	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*

13. Your financial status	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
14. Your time management ability	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
15. Your chest	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
14. Your physical fitness	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
15. Your facial features	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*
16. Your legs	1 *not at all*	2	3	4 *somewhat*	5	6	7 *completely*

Please complete this questionnaire based on how you feel at this moment.

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. Right now, I am keenly aware of everything in my environment.	1	2	3	4	5	6	7
2. Right now, I am conscious of my inner feelings.	1	2	3	4	5	6	7
3. Right now, I am concerned about the way I present myself.	1	2	3	4	5	6	7
4. Right now, I am self-conscious about the way I look.	1	2	3	4	5	6	7
5. Right now, I am conscious of what is going on around me.	1	2	3	4	5	6	7
6. Right now, I am reflective about my life.	1	2	3	4	5	6	7
7. Right now, I am concerned about what others think of me.	1	2	3	4	5	6	7
8. Right now, I am aware of my innermost thoughts.	1	2	3	4	5	6	7
9. Right now, I am conscious of all objects around me	1	2	3	4	5	6	7

APPENDIX E

Men’s Questionnaire

	Not at all aware			*Somewhat aware*			*Completely aware*
11. Your face	1	2	3	4	5	6	7
12. Your height	1	2	3	4	5	6	7
13. Your financial status	1	2	3	4	5	6	7
14. Your time management ability	1	2	3	4	5	6	7
15. Your chest	1	2	3	4	5	6	7
16. Your physical fitness	1	2	3	4	5	6	7
17. Your facial features	1	2	3	4	5	6	7
18. Your legs	1	2	3	4	5	6	7

Please complete this questionnaire based on how you feel at this moment.

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. Right now, I am keenly aware of everything in my environment.	1	2	3	4	5	6	7
2. Right now, I am conscious of my inner feelings.	1	2	3	4	5	6	7
3. Right now, I am concerned about the way I present myself.	1	2	3	4	5	6	7
4. Right now, I am self-conscious about the way I look.	1	2	3	4	5	6	7
5. Right now, I am conscious of what is going on around me.	1	2	3	4	5	6	7
6. Right now, I am reflective about my life.	1	2	3	4	5	6	7
7. Right now, I am concerned about what others think of me.	1	2	3	4	5	6	7
8. Right now, I am aware of my innermost thoughts.	1	2	3	4	5	6	7
9. Right now, I am conscious of all objects around me	1	2	3	4	5	6	7

	Not true for me	Sometimes true for me.	Moderately true for me.	Often true for me.	Very true for me.
26. I exercise because it is important to me as a person.	0	1	2	3	4
27.I exercise because it is an important part of how I define myself as a person.	0	1	2	3	4

Why are you currently participating in exercise?
Directions: Please read each of the statements listed below and indicate how strongly you agree or disagree with each statement by circling the appropriate response to the right of the statement.

	Strongly Disagree	Disagree	Moderately Disagree	Moderately Agree	Agree	Strongly Agree
…because it is consistent with what I value.	1	2	3	4	5	6
…because exercising is an important aspect of how I perceive myself	1	2	3	4	5	6
…because I value the way exercise allows me to make changes in my life	1	2	3	4	5	6
…because I feel that the changes that are taking place through exercise are becoming part of me	1	2	3	4	5	6

We may be aware of different aspects of ourselves depending on the context we are. For example when we go cloths shopping we may be aware of different aspects of ourselves than when we are sitting in class listening to the lecturer. Please fill out the following accordingly.

Right now, in this context how aware, are you of the following aspects of yourself?

	Not at all aware			***Somewhat aware***			***Completely aware***
1. Your stomach	1	2	3	4	5	6	7
2. Your clothing	1	2	3	4	5	6	7
3. Your nutritional status	1	2	3	4	5	6	7
4. Your hair	1	2	3	4	5	6	7
5. Your physical strength	1	2	3	4	5	6	7
6. Your intellect	1	2	3	4	5	6	7
7. Your muscularity	1	2	3	4	5	6	7
8. Your weight	1	2	3	4	5	6	7
9. Your arms	1	2	3	4	5	6	7
10. Your academic standing	1	2	3	4	5	6	7

The following questions concern the reasons people often give when asked why they exercise. Whether you currently exercise regularly or not, please read each statement and indicate, by circling the appropriate number, whether or not each statement is true for you personally, or would be true personally if you did exercise. Remember, we want to know why you personally choose to exercise or might choose to exercise, not whether you think the statements are good reasons for anybody to exercise.

	Not true for me	Sometimes true for me.	Moderately true for me.	Often true for me.	Very true for me.
1. I feel like a failure when I haven't exercised in a while.	0	1	2	3	4
2. I don't see the point in exercising.	0	1	2	3	4
3. I get restless if I don't exercise regularly.	0	1	2	3	4
4. I think it is important to make the effort to exercise.	0	1	2	3	4
5. I find my exercise a pleasurable activity.	0	1	2	3	4
6. It's important to make the effort to exercise regularly.	0	1	2	3	4
7. I get pleasure and satisfaction from participating in exercise.	0	1	2	3	4
8. I feel under pressure from my friends/family to exercise.	0	1	2	3	4
9. I exercise because it is fun.	0	1	2	3	4
10. I exercise because other people say I should.	0	1	2	3	4
11. I feel shamed when I miss an exercise session.	0	1	2	3	4
12. I exercise because others will not be pleased with me if I don't.	0	1	2	3	4
13. I don't see why I should have to exercise.	0	1	2	3	4
14. I enjoy my exercise sessions.	0	1	2	3	4
15. I think exercising is a waste of time.	0	1	2	3	4
16. I feel guilty when I don't exercise.	0	1	2	3	4
17. I take part in exercise because my friend/spouse/family say I should.	0	1	2	3	4
18. I can't see why I should bother to exercise.	0	1	2	3	4
19. I value the benefits of exercise.	0	1	2	3	4
20. I exercise because it symbolizes who and what I am.	0	1	2	3	4
21. I take part in exercise because it is consistent with my life goals.	0	1	2	3	4
22. I consider exercise to be an important part of my identity.	0	1	2	3	4
23. I participate in exercise because it has become a fundamental part of who I am.	0	1	2	3	4
24. I exercise because it is consistent with my values.	0	1	2	3	4
25. I exercise because it is an important choice I have made that reflects who I am	0	1	2	3	4

12. You are trying on clothes in a store and the assistant says loudly, "You may need a larger size!"
    (a) You would feel as though you want the ground to open up and swallow you.
    (b) You would think: I won't buy these clothes until I can fit into them.
    (c) You would regard the comment as unimportant.
    (d) You would think: The assistant is probably having a bad day.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

13. You are watching a television show with a friend and notice that all the actors have perfect bodies.
    (a) You would say to your friend: They have money for a personal trainer!
    (b) You would tell your friend that you've decided to stop eating junk food from now on.
    (c) You would tell your friend how very depressed you feel after seeing all of those perfect bodies.
    (d) You would laugh with your friend about how unrealistic the show is.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

14. Halfway through a celebration dinner, you realize you feel very full and that you have eaten far too much.
    (a) You would feel very bad that you have no self-control.
    (b) You would decide not to eat any of the desserts that are in front of you.
    (c) You would be philosophical and say to yourself that it is a celebration.
    (d) You would think: What's done is done.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

15. You find that your clothes from last summer are very tight around your waist.
    (a) You would think: Well, it's time to buy some new clothes anyway!
    (b) You would feel undisciplined and overweight.
    (c) You would go out and buy a 6-month membership to a gym.
    (d)You would think: I've been very busy over the last year, with no time to exercise.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

7. You are at the beach and everyone else looks so slim and toned compared to you.
   (a) You would think: I need to get back to my healthy lifestyle plan.
   (b) You would think: There will always be people who look better than I.
   (c) You would feel totally inadequate and stay covered up.
   (d) You wouldn't care. How your body looks is not the most important thing in your life.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

Not likely Very likely

8. You have just eaten a big lunch, but as you pass the corner store, you buy a chocolate bar and eat it.
   (a) You would say to yourself: Tonight I will go for a long walk or run to make up for it.
   (b) You would say to yourself: I just felt like having something sweet.
   (c) You would feel disgusted by your lack of self-control.
   (d) You would say to yourself: Who cares?

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

Not likely Very likely

9. At a family reunion, a relative says to you "You look like you've put on some weight."
   (a) You would feel embarrassed and belittled.
   (b) You would think: She or he didn't intend to be insensitive.
   (c) You would think: That person never liked me!
   (d) You would think that you deserved the comment and decide to lose some weight.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

Not likely Very likely

10. While you are with a group of friends you all make fun of an absent friend's body.
   (a) You would think: It was a joke; it's harmless.
   (b) You would feel immature and insensitive.
   (c) You would decide that you had to go along with it at the time.
   (d) You would promise yourself not to do it again.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

Not likely Very likely

11. While looking at some models on a swimsuit calendar, your partner makes negative comparisons in relation to your body.
   (a) You would regret that you put off exercising this week.
   (b) You would think your partner is too concerned about external beauty.
   (c) You wouldn't be bothered by the calendar images; they are just pictures.
   (d) You would feel inadequate because you know you don't compare favourably.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

Not likely Very likely

3. Someone makes a negative comment about some aspect of your physique.
   (a) You would feel so badly that you wouldn't be able to focus on anything else that day.
   (b) You would think: I must commit myself to regular exercise and watch what I eat.
   (c) You would think the person was insensitive and didn't realize what she or he was saying.
   (d) You wouldn't be troubled since people say negative things for all kinds of reasons.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

4. You go to the gym and everybody seems to have a better-looking body than you.
   (a) You wouldn't care because your body is not an important aspect of your self-worth.
   (b) You would think: I should have stuck to my exercise program.
   (c) You would feel so awful that you want to hide.
   (d) You would think: They don't lead busy lives, so they are able to exercise regularly.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

5. Your partner asks you to lose weight.
   (a) You would feel worthless and undervalued.
   (b) You would decide to do something about your weight.
   (c) You would tell your partner that she or he should accept you for who you are.
   (d) You would tell your partner that she or he is not perfect either.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

6. You sit down in a self-serve restaurant and notice that you have much more food on your plate than everyone else at your table.
   (a) You would say to yourself that you are hungrier than they are.
   (b) You would decide not to eat all the food on your plate.
   (c) You would feel bad and think that everybody is looking at you and your food.
   (d) You wouldn't be worried and wouldn't give it a second thought.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5
Not likely				Very likely

The following are some statements, which may or may not describe how you are feeling right now. Please rate each statement using the 5-point scale below. Remember to rate each statement based on how you are felling at this moment.

	Not feeling this way at all		Feeling this way somewhat		Feeling this way very strongly
1. I feel good about myself.	1	2	3	4	5
2. I want to sink into the floor and disappear.	1	2	3	4	5
3. I feel remorse, regret.	1	2	3	4	5
4. I feel worthwhile, valuable.	1	2	3	4	5
5. I feel small.	1	2	3	4	5
6. I feel tension about something I have done.	1	2	3	4	5
7. I feel capable, useful.	1	2	3	4	5
8. I feel like I am a bad person.	1	2	3	4	5
9. I cannot stop thinking about something bad I have done.	1	2	3	4	5
10. I feel proud.	1	2	3	4	5
11. I feel humiliated, disgraced.	1	2	3	4	5
12. I feel like apologizing, confessing.	1	2	3	4	5
13. I feel worthless, powerless.	1	2	3	4	5
14. I feel bad about something I have done.	1	2	3	4	5
15. I feel good about myself.	1	2	3	4	5

Below are several situations that people are likely to encounter in day-to-day life, followed by several common reactions to these situations. As you read each scenario, try to imagine yourself in that situation. Then indicate how you would react in each scenario by circling the most accurate response.

1. You and a friend decide to do some form of physical activity together each weekday, but after the first few days you make excuses not to go.
   (a) You would think: I'm totally undisciplined.
   (b) You would think: There were too many other things that distracted my attention.
   (c) You would think: I'll make up for it next week.
   (c) You wouldn't think about it as terribly important.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

Not likely Very likely

2. Your partner expresses disappointment over your body.
   (a) You would attribute your partner's disapproval to wrong priorities.
   (b) You would wonder "Why?" since you are happy with your physique.
   (c) You would attribute your partner's disapproval to your failure to keep trim.
   (d) You would feel diminished in your image of yourself.

How likely is this scenario on a scale from 1 to 5.

1	2	3	4	5

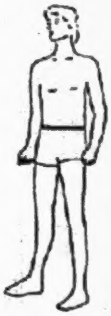
Not likely Very likely

	“Not al all”	“a little”	“moderate”	“quite a bit”	“Extremely
42) Ready to fight	0	1	2	3	4
43) Good natured	0	1	2	3	4
44) Gloomy	0	1	2	3	4
45) Desperate	0	1	2	3	4
46) Sluggish	0	1	2	3	4
47) Rebellious	0	1	2	3	4
48) Helpless	0	1	2	3	4
49) Weary	0	1	2	3	4
50) Bewildered	0	1	2	3	4
51) Alert	0	1	2	3	4
52) Deceived	0	1	2	3	4
53) Furious	0	1	2	3	4
54) Efficient	0	1	2	3	4
55) Trusting	0	1	2	3	4
56) Full of pep	0	1	2	3	4
57) Bad tempered	0	1	2	3	4
58) Worthless	0	1	2	3	4
59) Forgetful	0	1	2	3	4
60) Carefree	0	1	2	3	4
61) Terrified	0	1	2	3	4
62) Guilty	0	1	2	3	4
63) Vigorous	0	1	2	3	4
64) Uncertain about things	0	1	2	3	4
65) Bushed	0	1	2	3	4

	"Not al all"	"a little"	"moderate"	"quite a bit"	"Extremely
13) Considerate	0	1	2	3	4
14) Sad	0	1	2	3	4
15) Active	0	1	2	3	4
16) On edge	0	1	2	3	4
17) Grouchy	0	1	2	3	4
18) Blue	0	1	2	3	4
19) Energetic	0	1	2	3	4
20) Panicky	0	1	2	3	4
21) Hopeless	0	1	2	3	4
22) Relaxed	0	1	2	3	4
23) Unworthy	0	1	2	3	4
24) Spiteful	0	1	2	3	4
25) Sympathetic	0	1	2	3	4
26) Uneasy	0	1	2	3	4
27) Restless	0	1	2	3	4
28) Unable to concentrate	0	1	2	3	4
29) Fatigued	0	1	2	3	4
30) Helpful	0	1	2	3	4
31) Annoyed	0	1	2	3	4
32) Discouraged	0	1	2	3	4
33) Resentful	0	1	2	3	4
34) Nervous	0	1	2	3	4
35) Lonely	0	1	2	3	4
36) Miserable	0	1	2	3	4
37) Muddled	0	1	2	3	4
38) Cheerful	0	1	2	3	4
39) Bitter	0	1	2	3	4
40) Exhausted	0	1	2	3	4
41) Anxious	0	1	2	3	4

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
30. Right now, I wish ideally I were good at lifting heavy objects.	1	2	3	4	5	6
31. Currently, I wish I ideally would like to be good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6

Please circle the number below the silhouette that you believe that you ***ideally would like to look like, right now***.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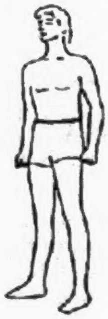
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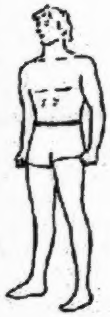
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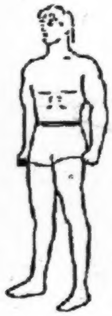
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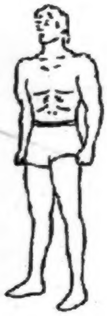

5

Please circle the number that best represents how you feel right now.

Right now, I have feel…

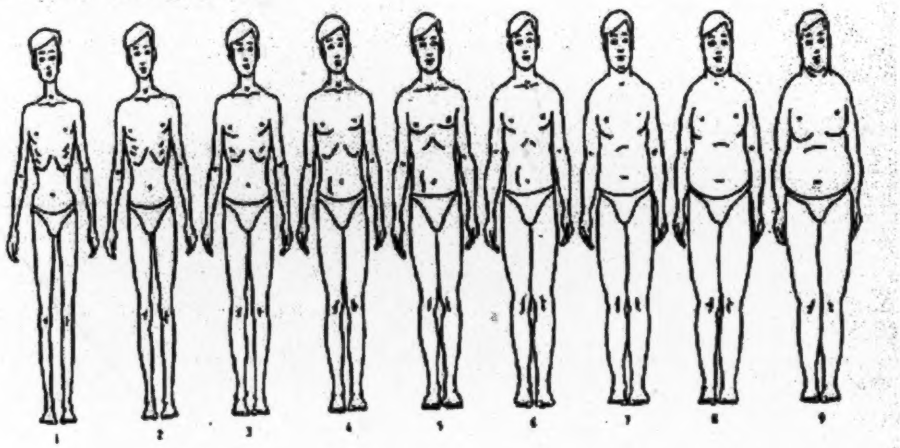
	"Not al all"	"a little"	"moderate"	"quite a bit"	"Extremely"
1) Friendly	0	1	2	3	4
2) Tense	0	1	2	3	4
3) Angry	0	1	2	3	4
4) Worn out	0	1	2	3	4
5) Unhappy	0	1	2	3	4
6) Clear headed	0	1	2	3	4
7) Lively	0	1	2	3	4
8) Confused	0	1	2	3	4
9) Sorry for things done	0	1	2	3	4
10) Shaky	0	1	2	3	4
11) Listless	0	1	2	3	4
12) Peeved	0	1	2	3	4

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
11. Right now I ideally would like to do well in a test of physical endurance and stamina.	1	2	3	4	5	6
12. At this moment, I ideally would like to be good at coordinated movements.	1	2	3	4	5	6
13. At this moment, I have too much fat on my body compared to my ideal.	1	2	3	4	5	6
14. At this moment, I ideally would like to be better looking than most of my friends.	1	2	3	4	5	6
15. At this moment, I ideally would like to be stronger than most people my age.	1	2	3	4	5	6
16. Currently, I ideally would like to jog 5 kilometres without stopping.	1	2	3	4	5	6
17. Currently, I ideally would like to perform movements smoothly when doing physical activities.	1	2	3	4	5	6
18. At this moment, I would consider myself overweight relative to my ideal.	1	2	3	4	5	6
19. At this moment, I would consider myself ugly relative to my ideal.	1	2	3	4	5	6
20. Right now, I would consider myself weak and have no muscles relative to my ideal.	1	2	3	4	5	6
21. Right now, I ideally would like to run a long way without getting tired.	1	2	3	4	5	6
22. Right now, I ideally would like my body to handle coordinated movements with ease.	1	2	3	4	5	6
23. Currently, my stomach is too big relative to my ideal.	1	2	3	4	5	6
24. Currently, I ideally wish to be good looking.	1	2	3	4	5	6
25. Right now, I wish to ideally do well in a test of strength.	1	2	3	4	5	6
26. At this moment, I ideally would like to be physically active for a long period of time without getting tired.	1	2	3	4	5	6
27. Currently, I ideally would like to be graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
28. At this moment, other people think that I am fat relative to my ideal.	1	2	3	4	5	6
29. At this moment, nobody thinks that I'm good looking compared to my ideal.	1	2	3	4	5	6

For this section of the questionnaire, consider your *ideal self.*

Ideal self: Your beliefs concerning the physical attributes you would like ideally to possess; your ultimate goals for yourself.

Please circle the number below the silhouette that you believe that you ***ideally would like to look like, right now***.

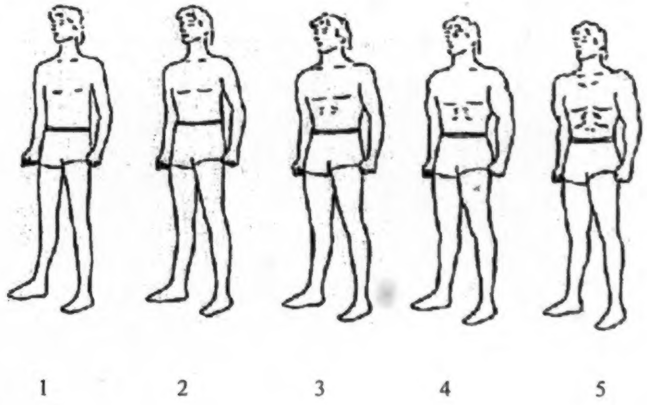


1 2 3 4 5 6 7 8 9

	False	**Mostly False**	**More False Than True**	**More True Than False**	**Mostly True**	**True**
1. Right now, I wish, I felt confident when doing coordinated movements.	1	2	3	4	5	6
2. Ideally right now, I wish I could exercise or play hard enough to breathe hard (to huff and puff) several times a week.	1	2	3	4	5	6
3. Right now, ideally, I would like to be fatter.	1	2	3	4	5	6
4. Right now, ideally, I wish I was attractive for my age.	1	2	3	4	5	6
5. At this moment, ideally, I wish I was a physically strong person.	1	2	3	4	5	6
6. Currently, I ideally would like to run a long way without stopping.	1	2	3	4	5	6
7. Right now, I would ideally like my waist to be smaller.	1	2	3	4	5	6
8. Right now, I would ideally like to be able to control the movements of my body easily.	1	2	3	4	5	6
9. At this moment, I ideally wish to have a nice looking face.	1	2	3	4	5	6
10. Currently, I wish to have a lot of power in my body.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
23. At this moment, my stomach is too big compared to how it should be.	1	2	3	4	5	6
24. Currently, I ought to be good looking.	1	2	3	4	5	6
25. Right now, I believe I ought to be able to do well in a test of strength.	1	2	3	4	5	6
26. Currently, I ought to be physically active for a long period of time without getting tired.	1	2	3	4	5	6
27. Currently, I should be graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
28. Right now, other people think that I am fat compared to what I should be.	1	2	3	4	5	6
29. Right now, nobody thinks that I'm good looking compared to what I should be.	1	2	3	4	5	6
30. At this moment, I ought to be good at lifting heavy objects.	1	2	3	4	5	6
31. At this moment, I ought to be good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6

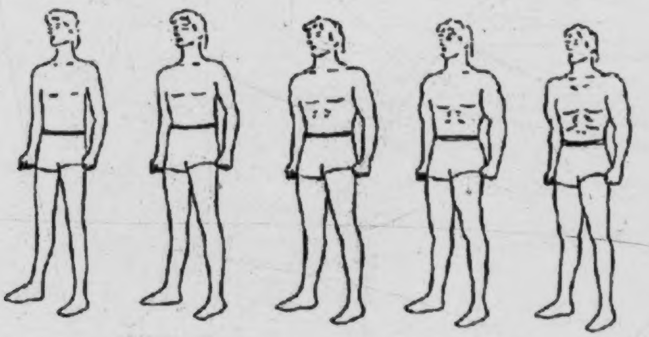
Please circle the number below the silhouette that you believe that you ***ought to look like, right now***.



	False	Mostly False	More False Than True	More True Than False	Mostly True	True
1. Right now, I feel I ought to be confident when doing coordinated movements.	1	2	3	4	5	6
2. Currently, I believe I should I exercise or play hard enough to breathe hard (to huff and puff) several times a week.	1	2	3	4	5	6
3. Right now, I am too fat compared to how I should be..	1	2	3	4	5	6
4. At this moment, I should be attractive for my age.	1	2	3	4	5	6
5. Currently, I ought to be a physically strong person.	1	2	3	4	5	6
6. At this moment, I ought to be able to run a long way without stopping.	1	2	3	4	5	6
7. Right now, my waist is too large compared to how it should be.	1	2	3	4	5	6
8. At this moment, controlling movements of my body ought to comes easily to me.	1	2	3	4	5	6
9. Currently, I ought to have a nice looking face.	1	2	3	4	5	6
10. Right now, I ought to have a lot of power in my body.	1	2	3	4	5	6
11. Right now, I ought to do well in a test of physical endurance and stamina.	1	2	3	4	5	6
12. Currently, I ought to be good at coordinated movements.	1	2	3	4	5	6
13. Right at this moment, I have too much fat on my body compared to the amount I should.	1	2	3	4	5	6
14. Right now, I ought to be better looking than most of my friends.	1	2	3	4	5	6
15. Right now, I ought to be stronger than most people my age.	1	2	3	4	5	6
16. At this moment, I ought to be able to jog 5 kilometres without stopping.	1	2	3	4	5	6
17. At this moment, I ought to perform movements smoothly in most physical activities.	1	2	3	4	5	6
18. At this moment, I am overweight compared to how much I should weigh.	1	2	3	4	5	6
19. Right now, I am ugly compared to how I should look.	1	2	3	4	5	6
20. Right now, I am weak and have no muscles compared to how I should be.	1	2	3	4	5	6
21. Right now, I should be able to run a long way without getting tired.	1	2	3	4	5	6
22. At this moment, I find my body ought to handle coordinated movements with ease.	1	2	3	4	5	6

27. Currently, I am graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
28. Right now, other people think that I am fat.	1	2	3	4	5	6
29. Currently, nobody thinks that I'm good looking.	1	2	3	4	5	6
30. Currently, I am good at lifting heavy objects.	1	2	3	4	5	6
31. Right now, I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6

Please circle the number below the silhouette that ***looks most like your actual self, right now***.

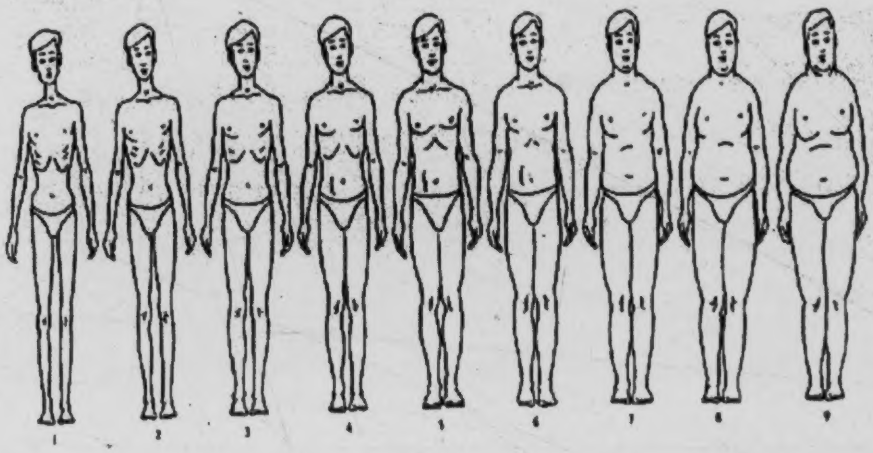


1 2 3 4 5

For this section of the questionnaire consider your *ought self*.

Ought self: Your beliefs concerning the physical attributes you believe you should or ought to possess; your personal standards or prescriptions for yourself, right now.

Please circle the number below the silhouette that you believe that you ***ought to look like, right now***.



1 2 3 4 5 6 7 8 9

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
1. At this moment, I feel confident when doing coordinated movements.	1	2	3	4	5	6
2. Several times a week I exercise or play hard enough to breathe hard (to huff and puff).	1	2	3	4	5	6
3. Right now, I am too fat.	1	2	3	4	5	6
4. Right now, I am attractive for my age.	1	2	3	4	5	6
5. At this moment, I am a physically strong person.	1	2	3	4	5	6
6. Currently, I can run a long way without stopping.	1	2	3	4	5	6
7. At this moment, my waist is too large.	1	2	3	4	5	6
8. Right now, controlling movements of my body comes easily to me.	1	2	3	4	5	6
9. Right now, I have a nice looking face.	1	2	3	4	5	6
10. Currently, I have a lot of power in my body.	1	2	3	4	5	6
11. Right now, I would do well in a test of physical endurance and stamina.	1	2	3	4	5	6
12. At this moment, I am good at coordinated movements.	1	2	3	4	5	6
13. Right now, I have too much fat on my body.	1	2	3	4	5	6
14. Currently, I'm better looking than most of my friends.	1	2	3	4	5	6
15. Currently, I am stronger than most people my age.	1	2	3	4	5	6
16. Right now, I could jog 5 kilometers without stopping.	1	2	3	4	5	6
17. Currently, I can perform movements smoothly in most physical activities.	1	2	3	4	5	6
18. Right now, I am overweight.	1	2	3	4	5	6
19. At this moment, I am ugly.	1	2	3	4	5	6
20. Right now, I am weak and have no muscles.	1	2	3	4	5	6
21. At this moment, I think I could run a long way without getting tired.	1	2	3	4	5	6
22. Right now, I find my body handles coordinated movements with ease.	1	2	3	4	5	6
23. Right now, my stomach is too big.	1	2	3	4	5	6
24. Right now, I am good looking.	1	2	3	4	5	6
25. Right now, I would do well in a test of strength.	1	2	3	4	5	6
26. Currently, I can be physically active for a long period of time without getting tired.	1	2	3	4	5	6

15. There has been at least one occasion when I failed to return an item that I borrowed.	true	false
16. I always eat a healthy diet.	true	false
17. Sometimes I only help because I expect something in return.	true	false

---

In the following questions, you will be asked to consider your physical characteristics that you think you ***actually, ideally and ought*** to be. We are interested in only your physical self. For example, this might include how you would describe your strength or appearance.

Actual self: Your beliefs concerning the physical attributes you think you actually possess.

Ideal self: Your beliefs concerning the physical attributes you would like ideally to possess; your ultimate goals for yourself.

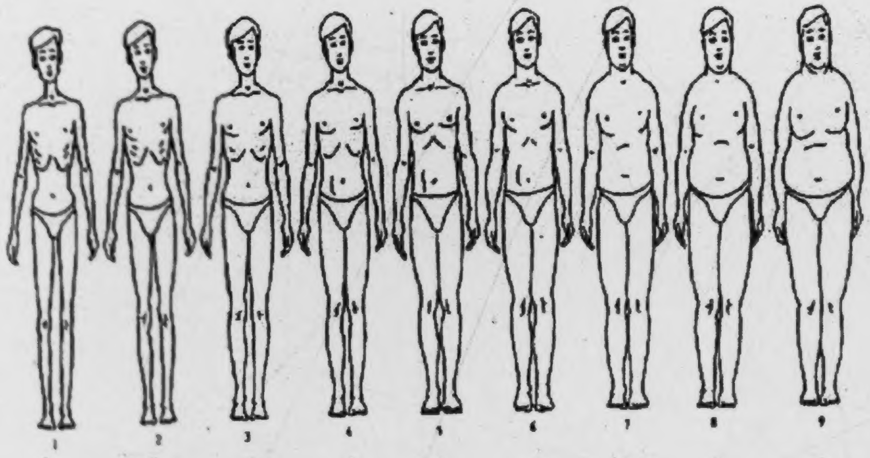
Ought self: Your beliefs concerning the physical attributes you believe you should or ought to possess; your personal standards or prescriptions for yourself.

For some people there might be almost no differences between these perspectives (actual/ideal/ought) for other people there might be large differences. Please answer all sections without looking at your previous response.

For this section of the questionnaire, consider your *actual self.*

Actual self: Your beliefs concerning the physical attributes you think you actually possess, right now.

Please circle the number below the silhouette that ***looks most like your actual self, right now***.



1 2 3 4 5 6 7 8 9

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
63. I am good at lifting heavy objects.	1	2	3	4	5	6
64 I think I would perform well on a test measuring flexibility.	1	2	3	4	5	6
65. I am good at endurance activities like distance running, aerobics, bicycling, swimming, or cross-country skiing.	1	2	3	4	5	6
66. Overall, I have a lot to be proud of.	1	2	3	4	5	6
67. I have to go to the doctor because of illness more than most people my age.	1	2	3	4	5	6
68. Overall, I'm a failure.	1	2	3	4	5	6
69. I usually stay healthy even when my friends get sick.	1	2	3	4	5	6
70. Nothing I do ever seems to turn out right.	1	2	3	4	5	6

Below you will find a list of statements. Please read each statement carefully and decide if that statement describes you or not. If it describes you, circle the word "true"; if not, circle the word "false".

1. I sometimes litter.	true	false
2. I always admit my mistakes openly and face the potential negative consequences.	true	false
3. In traffic, I am always polite and considerate of others.	true	false
4. I have tried illegal drugs (for example, marijuana, cocaine, etc.).	true	false
5. I always accept others' opinions, even when they don't agree with my own.	true	false
6. I take out my bad moods on others now and then.	true	false
7. There has been an occasion when I took advantage of someone else.	true	false
8. In conversations I always listen attentively and let others finish their sentences.	true	false
9. I never hesitate to help someone in the case of emergency.	[✓ true]	false
10. When I have made a promise, I keep it – no ifs, ands or buts.	true	false
11. I occasionally speak badly of others behind their back.	true	false
12. I would never live off other people.	true	false
13. I always stay friendly and courteous with other people, even when I am stressed out.	true	false
14. During arguments I always stay objective and matter-of-fact.	true	false

	False	Mostly False	More False than True	More True than False	Mostly True	True
36. I do physically active things (like jogging, dancing, bicycling, aerobics, gym, or swimming) at least three times a week.	1	2	3	4	5	6
37. I am overweight.	1	2	3	4	5	6
38. I have good sports skills.	1	2	3	4	5	6
39. Physically, I feel good about myself.	1	2	3	4	5	6
40. I am ugly.	1	2	3	4	5	6
41. I am weak and have no muscles.	1	2	3	4	5	6
42. My body parts bend well and move in most directions well.	1	2	3	4	5	6
43. I think I could run a long way without getting tired.	1	2	3	4	5	6
44. Overall, I'm no good.	1	2	3	4	5	6
45. I get sick a lot.	1	2	3	4	5	6
46. I find my body handles coordinated movements with ease.	1	2	3	4	5	6
47. I do lots of sports, dance, gym, or other physical activities.	1	2	3	4	5	6
48. My stomach is too big.	1	2	3	4	5	6
49. I am better at sports than most of my friends.	1	2	3	4	5	6
50. I feel good about who I am and what I can do physically.	1	2	3	4	5	6
51. I am good looking.	1	2	3	4	5	6
52. I would do well in a test of strength.	1	2	3	4	5	6
53. I think I am flexible enough for most sports.	1	2	3	4	5	6
54. I can be physically active for a long period of time without getting tired.	1	2	3	4	5	6
55. Most things I do, I do well.	1	2	3	4	5	6
56. When I get sick it takes me a long time to get better.	1	2	3	4	5	6
57. I am graceful and coordinated when I do sports and activities.	1	2	3	4	5	6
58. I do sports, exercise, dance or other physical activities almost every day.	1	2	3	4	5	6
59. Other people think that I am fat.	1	2	3	4	5	6
60. I play sports well.	1	2	3	4	5	6
61. I feel good about who I am physically.	1	2	3	4	5	6
62. Nobody thinks that I'm good looking.	1	2	3	4	5	6

	False	Mostly False	More False Than True	More True Than False	Mostly True	True
9. I am quite good at bending, twisting, and turning my body.	1	2	3	4	5	6
10. I can run a long way without stopping.	1	2	3	4	5	6
11. Overall, most things I do turn out well.	1	2	3	4	5	6
12. I usually catch whatever illness (flu, virus, cold, etc.) is going around.	1	2	3	4	5	6
13. Controlling movements of my body comes easily to me.	1	2	3	4	5	6
14. I often do exercise or activities that make me breathe hard.	1	2	3	4	5	6
15. My waist is too large.	1	2	3	4	5	6
16. I am good at most sports.	1	2	3	4	5	6
17. Physically, I am happy with myself.	1	2	3	4	5	6
18. I have a nice looking face.	1	2	3	4	5	6
19. I have a lot of power in my body.	1	2	3	4	5	6
20. My body is flexible.	1	2	3	4	5	6
21. I would do well in a test of physical endurance and stamina.	1	2	3	4	5	6
22. I don't have much to be proud of.	1	2	3	4	5	6
23. I am so sick so often that I cannot do all the things I want to do.	1	2	3	4	5	6
23. I am good at coordinated movements.	1	2	3	4	5	6
25. I get exercise or activity three or four times a week that makes me huff and puff and lasts at least 30 minutes.	1	2	3	4	5	6
26. I have too much fat on my body.	1	2	3	4	5	6
27. Most sports are easy for me.	1	2	3	4	5	6
28. I feel good about the way I look and what I can do physically.	1	2	3	4	5	6
29. I'm better looking than most of my friends.	1	2	3	4	5	6
30. I am stronger than most people my age.	1	2	3	4	5	6
31. My body is still and inflexible.	1	2	3	4	5	6
32. I could jog 5 kilometers without stopping.	1	2	3	4	5	6
33. I feel that my life is not very useful.	1	2	3	4	5	6
34. I hardly ever get sick or ill.	1	2	3	4	5	6
35. I can perform movements smoothly in most physical activities.	1	2	3	4	5	6

When you are ready to begin, please read each sentence and decide your answer (you may read quietly to yourself if they are read aloud to you). There are six possible answers for each question — "TRUE," "FALSE," and four answers in between. There are six numbers next to each sentence, one for each of the answers. The answers are written at the top of the numbers. Choose your answer to a sentence and put a circle (O) around the number under the answer you choose. DO NOT say your answer aloud or talk about it with anyone else.

Before you start, there are three examples below. I have already answered two of the three sentences to show you how to do it. In the third one, you must choose your own answer and circle it (O).

	FALSE	MOSTLY FALSE	MORE FALSE THAN TRUE	MORE TRUE THAN FALSE	MOSTLY TRUE	TRUE
1. I like to read comic books	1	2	3	4	5	[✓ 6]

*I put a circle around the number 6 under the answer "*TRUE.*" This means that I really like to read comic books. If I did not like to read comic books very much, I would have answered 1 (*FALSE*) or 2 (*MOSTLY FALSE*).*

2. In general, I am neat and tidy	1	2	[✓ 3]	4	5	6

(I answered MORE FALSE THAN TRUE *because I am definitely not very neat, but I am not really messy either).*

3. I like to watch TV	1	2	3	4	5	6

(For this sentence you have to choose the answer that is best for you. First you must decide if the sentence is TRUE *or* FALSE *for you, or somewhere in between. If you really like to watch T.V. a lot, you would answer* TRUE *by putting a circle around the last number* 6 *. If you hate watching T.V., you would answer* FALSE *by circling the number* 1*. If you do not like T.V. very much, but you watch it sometimes, you might decide to circle* 2 - MOSTLY FALSE *or* 3 - MORE FALSE THAN TRUE.*)*

If you want to change any answer you have marked, you should cross out the circle and put a new circle around another number on the same line. For all sentences be sure that your circle is on the same line as the sentence you are answering. You should have only one answer circled for each sentence. Do not leave out any sentences, even if you are not sure which number to circle. If you have any questions, hold up your hand. Otherwise please begin.

	FALSE	*MOSTLY FALSE*	*MORE FALSE THAN TRUE*	*MORE TRUE THAN FALSE*	*MOSTLY TRUE*	*TRUE*
1. When I get sick I feel so bad that I cannot even get out of bed	1	2	3	4	5	6
2. I feel confident when doing coordinated movements.	1	2	3	4	5	6
3. Several times a week I exercise or play hard enough to breathe hard (to huff and puff).	1	2	3	4	5	6
4. I am too fat.	1	2	3	4	5	6
5. Other people think I am good at sports.	1	2	3	4	5	6
6. I am satisfied with the kind of person I am physically.	1	2	3	4	5	6
7. I am attractive for my age.	1	2	3	4	5	6
8. I am a physically strong person.	1	2	3	4	5	6

Please answer the next questions according to what you ***intend*** to do over the next 4 weeks.

1. Considering a **7-day period** (a week), how many times on the average do you intend to the following kinds of exercise for **more than 15 minutes** during your **free time** (write in each square the appropriate number).

	TIMES PER WEEK
b) **Strenuous Exercise *(Heart beats rapidly)*** (i.e. running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling, strength training)	☐
c) **Moderate Exercise *(Not exhausting)*** (i.e. fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)	☐
d) **Mild Exercise *(Minimal effort)*** (i.e. yoga, archery, fishing from the riverbank, bowling, horseshoes, golf, snowmobiling, easy walking)	☐

3. Consider a **7-day period** (a week), during your **leisure-time** how often do you engage in any regular activity long enough to **work up a sweat** (heart beats rapidly)?

1. OFTEN ○ 2. SOMETIMES ○ 3. NEVER/RARELY ○

Please describe your physical activity history:

(a) Listed below are 4 age categories. Place a check under the appropriate column to let us know how active you think you were (or are) in comparison to others of similar age and health? Please stop after your current age group.

	Less physically active	**About the same**	**More physically active**
Between the ages of 13 and 17, I was	______	______	______
Between the ages of 18 and 22, I was (I am)	______	______	______
Between the ages of 23 and 27, I was (I am)	______	______	______
Between the ages of 28 and 30, I was (I am)	______	______	______

(b) What kinds of physical activity did you do (list activity)?

Between ages 13 and 17: ____________________
Between ages of 18 and 27: ____________________
Between ages of 28 and 30: ____________________

Name: ______________________________

Date: ____________________

Age: ________ Gender: M / F

Program Major: ______________________ Year of Study: ____________

---

1. Describe the room you are in.

____

____

2. What do you usually do in a room like this?

____

____

Please answer the next questions according to what you ***did*** over the last 4 weeks.

1. Considering a **7-day period** (a week), how many times on the average did you do the following kinds of exercise for a **15 minutes** bout during your **free time** (write in each square the appropriate number).

	TIMES PER WEEK
a) **Strenuous Exercise** ***(Heart beats rapidly)*** (i.e. running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling, strength training)	☐
b) **Moderate Exercise** ***(Not exhausting)*** (i.e. fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)	☐
c) **Mild Exercise** ***(Minimal effort)*** (i.e. yoga, archery, fishing from the riverbank, bowling, horseshoes, golf, snowmobiling, easy walking)	☐

2. Consider a **7-day period** (a week), during your **leisure-time** how often have you engage in any regular activity long enough to **work up a sweat** (heart beats rapidly)?

1. OFTEN ○ 2. SOMETIMES ○ 3. NEVER/RARELY ○

APPENDIX F

Debriefing

DEBRIEFING FOR PROJECT: EXPSYCH

Now that you are finished, we would like to tell you more about what we've done here. At this point, you may want to take notes for the test associated with your research participation. There were four purposes to this study. First, we wanted to know if there is a difference between your actual self (your belief about the attributes that you actually possess), ought self (your personal beliefs about your attributes that you should possess) and ideal self (your beliefs about the attributes you ultimately would like to possess). For some people these may be very similar and for others they may be in completely different. Second, we wanted to examine the actual-ought and actual-ideal self-discrepancies to see if they are significantly different or not. We then were questioning whether different affective (emotional) states are more related to the actual-ideal or actual-ought self-discrepancies. Third, we were interested in seeing if any type of affect relates more to behavioural intentions to engage in or to avoid exercise. Finally, we were testing whether these relationships exist in both a non-body salient context and a body salient context. *So one of our* **independent variables**, *that is the variable that we manipulate or change, was the environmental context. We had some participants fill out a questionnaire in a body salient environment and other participants in a non-body salient environment. We will compare the responses given by the people in the non-body salient environment to the responses given in the body salient environment. This independent variable was intended to influence the salience of your body, that is, how aware you were of your physical self at the time of assessment. There is no control group in this study. Our* ***dependent variables*** *were your perceptions of actual self, ideal self, ought self; level of affect; susceptibility to body shame, body guilt, externalisation and detachment; and intentions to engage in or to avoid exercise in future. So, we're interested in how our independent variable* environmental context *and our dependent variables—* actual, ought and ideal self, physical self-discrepancies, current affect, and behavioural intentions to exercise relate to each other.

Therefore we had the two groups complete the same questionnaires package in one of the two different contexts (non-body salient = classroom, and body-salient = mirror room). The questionnaire package contained simple demographic measures like your age, sex, program major and year of program. You were then asked to complete the Godin Leisure Time Exercise Questionnaire, which measures your physical activity behaviour as well as your intention to engage in physical activity. The second section of the questionnaire contained measures assessing your perception of your current physical self using the physical self description questionnaire (PSDQ), followed by a social desirability scale (SDS-17) to assess the extent to which you tend to respond the way you think you are expected to. Your perceptions of your actual, ideal and ought physical self were assessed using silhouettes and questionnaire items were used to assess your level of strength, aerobic ability, coordination, body fatness, and appearance. Differences or discrepancies between your reported actual-self, ideal-self and ought-self will be observed by comparing your responses to these different sets of silhouettes.The third section contained a variety of questionnaires measuring affect (emotions). The types of affect being measured include current levels of anxiety, depression, shame, guilt, happiness and vigor. These were measured using the profile of mood state (POMS) and the state shame and guilt scale (SSGS). Situational body shame, guilt, detachment and externalization were also measured using the body image guilt and shame scale (BIGSS). The relationships between different types and sizes of self-discrepancies will be compared to the different types and levels of affective states. For example, does an actual-ideal self-discrepancy relate more to shame or guilt, anxiety or depression, happiness or vigor? The two types of self-discrepancies will also be compared to the body specific affective response of body shame, guilt, externalization or detachment.The fourth section consisted of the behavioral regulation of exercise questionnaire (BREQ) which assesses the reasons why people may engage in exercise. These may range from purely self-determined or autonomous reasons to purely externally regulated reasons. This section will be used to check if the state levels of emotion are associated with different kinds of exercise motives. The final section consists of a manipulation check, which assesses which aspects of the self became most salient to you in the environmental context that you experienced. We need to be sure that the mirrored environment and body composition assessment did make participants more aware of their bodies.

A true experimental design involves the manipulation of independent variables in order to assess how these variables cause changes in other variables called dependent variables. So independent variables are the theoretical causes and dependent variables, the variables that we measure, are the effects or outcomes of our independent variables. Sometimes we do research in which we do not manipulate variables, but instead measure PREDICTOR variables and CRITERION variables. For example, we could look at gender (Male versus Female) as a predictor of verbal ability scores. This type of study is correlational in nature and because we did not manipulate any variables, we could not make any cause and effect inferences. That is, we couldn't say that gender causes differences in verbal ability because we cannot manipulate gender. As you're likely aware, there are a lot of differences between men and women, like how men versus women are socialized, that could provide an alternative explanation for any relationship between gender and verbal ability. In the current study environmental context is the independent variable.

In the present study, we used a between group design, and everyone completed the same questionnaires, except the men were presented with male silhouettes and women were presented with the female silhouettes.

Random assignment to conditions means that each of you would have had an equal probability of receiving any of the levels of each of our independent variables. Because of this, we would know that the different groups of people who receive the various levels of our independent variables are about the same before our manipulations; that is all groups contain tall people and short people, smart and not so smart people, people who have had a lot of coffee and people who haven't had much coffee, etc.--so height, intelligence, and amount of coffee cannot be what cause any differences on our dependent variables. The only difference between the groups is the levels of our independent variable, so our independent variable has to be the cause of any change that we find in our dependent variable. So, if the groups are the same before our manipulations, then any differences that we find on our dependent variables must be due to our independent variables causing some effect. In the present study you were randomized to one of the two conditions: body-salient or non-body salient group.

Our lab has recently completed a study, which examined changes in women's self-concepts in response to a strength-training program. We also observed that changes in physical self-concept were positively correlated with increases in upper-body strength and only mildly with adherence. This suggests that noticeable improvements in strength may have more influence on self-concept than mere participation. Studying this further will allow us to investigate more thoroughly measures of self-perceptions, self-concepts and emotion as well as the mental health benefits associated with a positive self-concept.

Part of the scientific process involves building on previous research in order to attempt to clarify issues and lead to new discoveries. In the present work, we were building on theoretical work by Dr. Higgins suggesting that a specific type of self-discrepancy will result in a specific type of affective response. This study is using this theoretical framework to test whether this relationship occurs when examining the physical self, affect and behavioural intentions to exercise. *The findings in the present work assess whether this theoretical framework is applicable when studying exercise behaviour. This is how science builds on previous work and is known as the functional approach to theory development. We often identify issues raised in journals, point out problems, extend the issues, or modify theories in order to advance our understanding. As you can see, it is very important to have people participate in our research so that the scientific endeavour can progress. Hopefully, your participation not only helps to advance science, but leads you to understand how we go about conducting research so that we can address important psychological issues.*

One of the last things that I want to discuss with you is why, in the beginning, I didn't explain exactly what our hypotheses were. I guess you can see if I told you that we were studying how different types of self-discrepancies relate to specific affect and behavioural intentions to exercise. *You might have felt pressured to react in the way you thought we expected you to on the basis of our theory rather than reacting the way you normally would. The possibility that some participants might react to independent variable manipulations based on what they believe the experimenters expect is called the DEMAND AWARENESS EFFECT. This can be a problem in research because our results could reflect nothing having to do with the psychological processes that we're interested in studying, but could simply reflect DEMAND AWARENESS. If this was the case, scientific progress would be slowed and inappropriate avenues of research could be followed. So, I hope you can see how having people know our hypotheses in advance of responding would lead to problems in the interpretation of our data.* So, I'm sorry that I didn't tell you everything ahead of time, but I guess that you can see that if I told you exactly what we were looking at, you might have answered a little differently. One thing that I need to ask you is, please don't tell other students what we were studying because, if they know, this could affect their responses, and this would cause us a lot of problems in the future with our research. If someone asks you about it, you can tell them that you had to fill out a couple of questionnaires.

Thanks very much for participating. Without the help of people like you, we couldn't answer most important scientific questions in psychology. You've been a great help. Do you have any questions that I can answer right now? If you have any questions, later on, about the study, please contact Christina Loitz at 492-7424, or if you have general questions, contact Dr. Tom Spalding at 492-7778 or Sharon Randon (Research Coordinator) at 492-5689. And again, please don't tell other people about what we had you do in here because we may be using others in your classes as participants.

APPENDIX G

Information Letter – Non-body Salient Group

Information Sheet - group 1

The relationship among physical self-discrepancies,
affective responses and behavioural intentions to exercise.

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Research Assistant:
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Purpose: The purpose of this study is to understand more about the role of physical self-perceptions relative to affect, exercise behaviour and intentions to exercise. This study will specifically examine self-perceptions of your physical strength, body fat, appearance and coordination as well as different ways people think about themselves.

Procedures: In order to address these questions, we are asking you to complete a questionnaire package. The questionnaire package takes approximately 30 minutes to complete. Once you have completed the questionnaire you will be debriefed. Your total time commitment for this study is 1 hour.

Benefits/Risks: The *benefits to you* include receiving course credit (one credit) for the completion of this session. The *benefits to the researcher* include a better understanding of the psychological factors related to exercise behaviours. Some of the questions may make you feel uncomfortable or upset. If this occurs you may skip the question and/or consult the researcher.

Confidentiality/ Freedom to Withdraw: To ensure confidentiality, all personal information will be coded and stored in a locked file cabinet in a lab at the University of Alberta to which only the investigators will have access. Informed consent will be stored separately from your questionnaire package to make the data file anonymous. We will be retaining the anonymous data file indefinitely to allow us to analyze it again in the future. You are free to withdraw from the study at any time without consequence. You are also free to decline to answer any question at any time. You may skip the question or inform the researcher that you feel uncomfortable answering the question. If you decide to withdraw from the study, your information will be removed from the study upon your request.

Potential Outputs: The data collected from this study will be used as part of a Master's Thesis. All study results will only be presented in group format, so that no one person will be identifiable. Other potential outputs of this study include publications in professional and applied academic journals, presentation of information at academic conferences, and presentations to students of physical activity and health.

Concerns of Study: This study has been approved by the Ethics Committee in the Faculty of Physical Education and Recreation and the Human Research Ethics Committee in the Department of Psychology. If you have any concerns about the study please feel free to call any of the investigators listed above or Sharon Randon, Research Participation Coordinator of the Department of Psychology (492-5689), who is otherwise not involved with this study.

Thank you, for your consideration. You may indicate your willingness to participate on the attached consent form.

Christina Loitz, B.P.E., C.F.C. , Master Thesis Student

Appendix H

Result Tables

Table 1.1

Men's Actual /Ought/Ideal Ectomorphic - Endomorphic Silhouettes

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
	5.76	1.103	5.34	1.231	5.58	1.168
	(34)		(27)		(61)	
Ought						
	5.36	0.658	5.29	0.609	5.33	0.629
	(34)		(27)		(61)	
Ideal						
	5.30	0.586	5.10	0.875	5.21	0.733
	(34)		(27)		(61)	

Note: Sample size in parenthesis

Table 1.2

Men's Mesomorph - Ectomorph Silhouettes

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
	2.61	0.85	2.40	1.15	2.52	0.99
	(34)		(27)		(61)	
Ought						
	3.73	0.75	3.37	0.83	3.57	0.81
	(34)		(27)		(67)	
Ideal						
	4.23	0.81	3.97	0.90	4.11	0.85
	(34)		(27)		(67)	

Note: Sample size in parenthesis

Table 2.1

Women's Actual /Ought/Ideal Ectomorphic - Endomorphic Silhouettes

	Classroom		Mirrored Room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
	5.97 (75)	2.06	6.32 (71)	1.76	6.14 (146)	1.92
Ought						
	4.77 (75)	1.47	4.91 (71)	1.44	4.84 (146)	1.45
Ideal						
	4.42 (74)	1.52	4.78 (71)	1.50	4.59 (145)	1.52

Note: Sample size in parenthesis

Table 2.2

Women's Mesomorph - Ectomorph Silhouettes

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
	4.47 (74)	1.22	4.35 (71)	0.89	4.41 (145)	1.07
Ought						
	5.04 (74)	1.38	5.0 (70)	1.22	5.02 (144)	1.30
Ideal						
	5.15 (74)	1.39	5.25 (71)	1.22	5.20 (145)	1.31

Note: Sample size in parenthesis

Actual / Ought / Ideal Physical Self Descriptions

Table 3

Actual / Ought / Ideal Physical Endurance

	Classroom		Mirrored Room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
Men	4.10	1.31	4.04	1.42	4.04	0.18
	(34)		(27)		(61)	
Women	3.41	1.63	3.39	1.68	3.40	0.14
	(75)		(71)		(146)	
Both	3.62	1.57	3.57	1.63	3.60	1.59
	(109)		(98)		(207)	
Ought						
Men	4.95	0.77	4.90	0.94	4.93	0.11
	(34)		(27)		(61)	
Women	4.94	1.05	4.87	1.12	4.93	0.09
	(75)		(70)		(145)	
Both	4.94	0.97	4.88	1.07	4.91	1.01
	(109)		(97)		(206)	
Ideal						
Men	5.40	0.68	5.12	0.87	5.26	0.10
	(34)		(27)		(61)	
Women	5.32	0.94	5.26	1.01	5.35	0.07
	(75)		(71)		(146)	
Both	5.35	0.86	5.23	0.97	5.29	0.92
	(109)		(98)		(207)	

Note: Sample size in parenthesis
Actual Endurance Cronbach's Alpha = .97
Ought Endurance Cronbach's Alpha = .93
Ideal Endurance Cronbach's Alpha = .94

Table 4
Actual / Ought / Ideal Physical Coordination

	Classroom		Mirrored Room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
Men	4.56 (34)	0.98	4.65 (27)	1.73	4.57 (61)	0.14
Women	4.35 (75)	1.27	4.50 (71)	1.13	4.43 (146)	0.01
Both	4.42 (109)	1.19	4.54 (97)	1.14	4.47 (206)	1.14
Ought						
Men	4.98 (34)	0.86	4.80 (27)	1.21	4.90 (61)	0.14
Women	5.09 (74)	0.84	4.99 (70)	0.92	5.06 (144)	0.07
Both	5.05 (108)	0.84	4.94 (97)	1.00	5.00 (205)	0.92
Ideal						
Men	5.14 (34)	0.89	5.01 (27)	0.96	5.08 (61)	0.12
Women	5.18 (75)	0.99	5.02 (71)	1.06	5.15 (146)	0.08
Both	5.17 (109)	0.96	5.02 (97)	1.03	5.10 (206)	0.99

Note: Sample size in parenthesis
Actual Coordination Cronbach's Alpha = .97
Ought Coordination Cronbach's Alpha = .94
Ideal Coordination Cronbach's Alpha = .92

Table 5

Actual / Ought / Ideal Physical Strength

	Classroom		Mirrored Room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
Men	4.52 (34)	1.10	4.10 (27)	1.38	4.28 (61)	0.17
Women	3.83 (75)	1.23	3.81 (71)	1.28	3.85 (146)	0.11
Both	4.04 (109)	1.23	3.89 (98)	1.31	3.97 (207)	1.26
Ought						
Men	4.86 (34)	0.57	4.61 (27)	1.06	4.78 (61)	0.11
Women	4.51 (74)	0.99	4.39 (70)	0.89	4.47 (144)	0.08
Both	4.62 (108)	0.89	4.45 (97)	0.94	4.54 (205)	0.92
Ideal						
Men	5.10 (34)	0.74	4.63 (27)	0.96	4.87 (61)	0.11
Women	4.69 (75)	0.89	4.67 (71)	0.91	4.70 (146)	0.07
Both	4.82 (109)	0.87	4.66 (98)	0.92	4.74 (207)	0.89

Note: Sample size in parenthesis
Actual Strength Cronbach's Alpha = .95
Ought Strength Cronbach's Alpha = .84
Ideal Strength Cronbach's Alpha = .79

Table 6

Actual / Ought / Ideal Body Fat

Variable	Classroom M	 SD	Mirrored Room M	 SD	Combined M	 SD
Actual						
Men	2.57 (34)	1.50	1.99 (27)	1.20	2.30 (61)	1.40
Women	2.70 (75)	1.45	2.75 (71)	1.49	2.73 (146)	1.46
Both	2.66 (109)	1.46	2.54 (98)	1.45	2.60 (207)	1.45
Ought						
Men	2.59 (34)	1.25	2.27 (27)	1.04	2.45 (61)	1.16
Women	3.03 (74)	1.19	3.09 (71)	1.16	3.06 (146)	1.17
Both	2.89 (108)	1.22	2.87 (98)	1.18	2.88 (207)	1.19
Ideal						
Men	2.59 (34)	1.25	2.71 (27)	1.31	2.95 (61)	1.41
Women	3.84 (75)	1.36	3.82 (71)	1.28	3.83 (146)	1.32
Both	3.63 (109)	1.43	3.52 (98)	1.38	3.57	1.40

Note: Ideal Fat item #28 removed
Note: Sample size in parenthesis
Actual Body Fat Cronbach's Alpha = .96
Ought Body Fat Cronbach's Alpha = .95
Ideal Body Fat Cronbach's Alpha = .88

Table 7

Actual / Ought / Ideal Appearance.

	Classroom		Mirrored Room		Combined	
Variable	M	SD	M	SD	M	SD
Actual						
Men	4.66 (34)	0.99	4.82 (27)	0.99	4.70 (61)	0.13
Women	4.46 (75)	1.01	4.62 (71)	0.81	4.55 (146)	0.08
Both	4.52 (109)	1.01	4.68 97	0.86	4.60 (206)	0.94
Ought						
Men	4.67 (34)	0.74	4.57 (27)	0.85	4.67 (61)	0.10
Women	4.67 (74)	0.69	4.56 (70)	0.74	4.62 (144)	0.06
Both	4.67 (108)	0.70	4.57 (97)	0.77	4.62 (205)	0.74
Ideal						
Men	4.59 (34)	0.71	4.14 (27)	0.87	4.37 (61)	0.11
Women	4.36 (75)	0.85	4.24 (71)	0.86	4.32 (146)	0.07
Both	4.43 (109)	0.813	4.21 (97)	0.86	4.33 (206)	0.84

Note: Sample size in parenthesis
Actual Appearance Cronbach's Alpha = . 91
Ought Appearance Cronbach's Alpha = .62
Ideal Appearance Cronbach's Alpha = .82
Note: Ideal Appearance item # 19 & 29 removed

Table 8
PSDQ Baseline

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Appearance						
Men	4.58 (34)	0.99	4.67 (27)	1.05	4.59 (61)	0.14
Women	4.50 (74)	0.98	4.66 (70)	0.07	4.59 (144)	0.07
Both	4.52 (108)	0.98	4.66 (97)	0.83	4.59 (205)	0.91
Strength						
Men	4.49 (34)	0.98	4.06 (27)	1.35	4.26 (61)	0.16
Women	3.85 (74)	1.21	3.85 (70)	1.17	3.88 (144)	0.10
Both	4.05 (108)	1.18	3.91 (97)	1.22	3.98 (205)	1.20
Flexibility						
Men	3.97 (34)	1.07	4.00 (27)	1.01	4.17 (61)	1.23
Women	4.26 (74)	1.29	4.52 (70)	1.19	4.37 (144)	1.11
Both	4.17 (108)	1.23	4.37 (97)	1.11	4.27 (205)	1.18
Endurance						
Men	4.10 (34)	1.12	4.11 (27)	1.31	4.07 (61)	0.16
Women	3.59 (74)	1.55	3.58 (70)	1.52	3.58 (144)	0.13
Both	3.75 (108)	1.44	3.72 (97)	1.48	3.74 (205)	1.46

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Esteem						
Men	5.11	0.84	5.19	0.73	5.16	0.77
	(34)		(27)		(61)	
Women	5.19	0.73	5.15	0.64	5.17	0.72
	(74)		(70)		(144)	
Both	5.16	0.77	5.17	0.06	5.17	0.72
	(108)		(97)		(205)	
Health						
Men	4.90	0.73	4.68	0.78	4.79	0.09
	(34)		(27)		(61)	
Women	4.61	0.80	4.54	0.99	4.60	0.07
	(74)		(70)		(144)	
Both	4.70	0.79	4.58	0.94	4.64	0.86
	(108)		(97)		(205)	
Coordination						
Men	4.53	0.83	4.52	1.19	4.48	0.134
	(34)		(27)		(61)	
Women	4.25	1.15	4.44	1.05	4.35	0.09
	(74)		(70)		(144)	
Both	4.34	1.06	4.46	1.09	4.39	1.07
	(108)		(97)		(205)	
Physical Activity						
Men	4.34	1.23	4.09	1.61	4.13	0.19
	(34)		(27)		(61)	
Women	3.88	1.78	4.05	1.62	3.98	0.14
	(74)		(70)		(144)	
Both	4.02	1.64	4.06	1.61	4.04	1.62
	(108)		(97)		(205)	

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Sport						
Men	4.58	0.99	4.41	1.29	4.01	1.36
	(34)		(27)		(61)	
Women	3.74	1.43	3.85	1.37	4.01	1.37
	(75)		(71)		(146)	
Both	4.01	1.36	3.79	0.12	4.01	1.36
	(109)		(98)		(207)	
Body Fat						
Men	2.57	1.38	2.01	1.17	2.32	1.31
	(34)		(27)		(61)	
Women	2.60	1.29	2.72	1.34	2.66	1.31
	(75)		(71)		(146)	
Both	2.59	1.31	2.53	1.33	2.56	1.32
	(109)		(98)		(207)	
Global Physical Self						
Men	4.28	0.99	4.46	1.33	4.36	1.15
	(34)		(27)		(61)	
Women	4.16	1.13	4.26	1.16	4.21	1.14
	(75)		(71)		(146)	
Both	4.20	1.08	4.31	1.20	4.25	1.14
	(109)		(98)		(207)	

Note: Sample size in parenthesis
Appearance Cronbach's Alpha: .93
Strength Cronbach's Alpha: .93
Flexibility Cronbach's Alpha: .93
Endurance Cronbach's Alpha: .95
Esteem Cronbach's Alpha: .90
Health Cronbach's Alpha: .85
Coordination Cronbach's Alpha: .94
Physical Activity Cronbach's Alpha: .96
Sport Cronbach's Alpha: .97
Body Fat Cronbach's Alpha: .94
Global Physical Self Cronbach's Alpha: .96

Table 9.1
Men's Ectomorphic - Endomorphic and Ectomorphic- Mesomorphic Silhouette Discrepancies

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Actual-Ought								
Ectomorphic-	-1.23	0.60	0	0.00	1.00	0.00	2.33	0.52
Endomorphic	(13)		(22)		(18)		(6)	
Actual-Ideal								
Ectomorphic-	-1.31	0.63	0	0.00	1.00	0.00	2.33	0.71
Endomorphic	(13)		(19)		(18)		(9)	
Actual-Ought								
Ectomorphic-			0	0.00	1.0	0.00	2.12	0
Mesomorphic	(0)		(16)		(28)		(17)	
Actual-Ideal								
Ectomorphic-			0	0.00	1.0	0.00	2.40	0.56
Mesomorphic	(0)		(8)		(20)		(33)	

Note: Sample size in parenthesis

Table 9.2
Women's Ectomorphic - Endomorphic and Ectomorphic- Mesomorphic Silhouette Discrepancies

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Actual-Ought								
Ectomorphic-	1.10	0.31	0.00	0.00	-1.54	0.70	-4.58	0.79
Endomorphic	(10)		(28)		(95)		(12)	
Actual-Ideal								
Ectomorphic-	1.13	0.35	0.00	0.00	-1.75	0.75	-5.08	1.44
Endomorphic	(8)		(26)		(99)		(12)	
Actual-Ought								
Ectomorphic-	1.42	0.72	0.00	0.00	-1.27	0.45	-3.00	0.00
Mesomorphic	(24)		(37)		(74)		(8)	
Actual-Ideal								
Ectomorphic-	1.58	0.78	0.00	0.00	-1.42	0.50	-3.25	0.45
Mesomorphic	(24)		(30)		(78)		(12)	

Note: Sample size in parenthesis

Table 10

Actual-Ideal Physical Self- Discrepancies

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Coordination								
Both	1.18 (45)	1.07	0.00 (27)	0.00	-0.51 (64)	0.24	-2.11 (71)	1.06
Strength								
Both	0.88 (39)	0.85	0.00 (19)	0.00	-0.51 (63)	0.23	-1.91 (84)	0.75
Endurance								
Both	0.96 (19)	1.10	0.00 (21)	0.00	-0.53 (28)	0.23	-2.61 (135)	1.20
Body Fat								
Both	1.22 (158)	0.75	0.00 (4)	0.00	-0.50 (28)	0.25	-1.37 (16)	0.29
Appearance								
Both	1.20 (125)	0.84	0.00 (8)	0.00	-0.43 (28)	0.22	-1.79 (45)	0.72

Note: Sample size in parenthesis

Table 11

Actual-Ought Physical Self- Discrepancies

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Coordination								
Both	0.65	0.70	0.00	0.00	-0.50	0.24	-1.76	0.85
	(41)		(42)		(63)		(59)	
Strength								
Both	0.50	0.47	0.00	0.00	-0.47	0.24	-1.86	0.64
	(49)		(19)		(76)		(56)	
Endurance								
Both	0.52	0.55	0.00	0.00	-0.55	0.23	-2.43	1.06
	(24)		(29)		(43)		(106)	
Body Fat								
Both	0.71	0.65	0.00	0.00	-0.41	0.23	-1.45	0.54
	(100)		(60)		(31)		(13)	
Appearance								
Both	0.58	0.48	0.00	0.00	-0.37	0.20	-1.62	0.55
	(91)		(27)		(64)		(20)	

Note: Sample size in parenthesis

Table 12
BIGSS Shame and Guilt

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Guilt						
Men	4.00 (34)	2.35	3.08 (26)	1.88	3.60 (60)	2.19
Women	4.79 (75)	2.81	3.62 (71)	2.26	4.22 (146)	2.61
Both	4.54 (109)	2.69	3.47 (97)	2.16	4.04 (206)	2.51
Shame						
Men	2.74 (34)	2.77	2.58 (26)	2.08	2.67 (60)	2.48
Women	3.64 (75)	2.60	3.32 (71)	2.40	3.49 (146)	2.49
Both	3.36 (109)	2.67	3.12 (97)	2.33	3.25 (206)	2.51

Guilt Cronbach's Alpha=.61
Shame Cronbach's Alpha=.70

Table 13
SSGS Affect

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Guilt						
Men	1.68 (34)	0.81	1.57 (27)	0.84	1.63 (61)	0.82
Women	1.57 (75)	0.84	1.46 (71)	0.65	1.52 (146)	0.75
Both	1.61 (109)	0.83	1.49 (98)	0.70	1.55 (207)	0.77
Shame						
Men	1.55 (34)	0.85	1.42 (27)	0.80	1.50 (61)	0.83
Women	1.45 (75)	0.79	1.37 (71)	0.50	1.41 (146)	0.66
Both	1.48 (109)	0.81	1.38 (98)	0.60	1.43 (207)	0.71
Pride						
Men	3.72 (34)	0.85	3.63 (27)	0.93	3.68 (61)	0.88
Women	3.67 (75)	0.75	3.54 (70)	0.87	3.60 (146)	0.81
Both	4.40 (109)	3.39	3.56 (97)	0.88	3.63 (207)	0.83

Guilt Cronbach's Alpha=.87
Shame Cronbach's Alpha=.87
Pride Cronbach's Alpha=.90

Table 14

POMS Affect

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Anger/ Hostility						
Men	0.61 (34)	0.57	0.56 (27)	0.67	0.59 (61)	0.61
Women	0.37 (75)	0.56	0.34 (71)	0.40	0.36 (146)	0.49
Both	0.45 (109)	0.57	0.40 (98)	0.50	0.42 (207)	0.54
Confusion/ Bewilderment						
Men	1.09 (34)	0.66	0.97 (27)	0.65	1.04 (61)	0.65
Women	0.92 (75)	0.71	0.93 (71)	0.67	0.92 (146)	0.69
Both	0.97 (109)	0.70	0.94 (98)	0.66	0.96 (207)	0.76
Tension/ Anxiety						
Men	0.85 (34)	0.56	0.76 (27)	0.71	0.81 (61)	0.63
Women	0.77 (75)	0.73	0.69 (71)	0.59	0.73 (146)	0.66
Both	0.78 (109)	0.68	0.71 (98)	0.62	0.75 (207)	0.65
Fatigue/ Inertia						
Men	1.12 (34)	0.76	0.98 (27)	0.83	1.06 (61)	0.79
Women	1.19 (75)	0.85	0.95 (71)	0.72	1.08 (146)	0.75
Both	1.17 (109)	0.82	0.96 (98)	0.75	1.07 (207)	0.80

	Classroom		Mirrored room		Combined	
Variable	M	SD	M	SD	M	SD
Depression/ Dejection						
Men	0.61	0.58	0.50	0.70	0.56	0.63
	(34)		(27)		(61)	
Women	0.54	0.81	0.45	0.50	0.50	0.68
	(75)		(71)		(146)	
Both	0.56	0.75	0.47	0.56	0.52	0.66
	(98)		(98)		(207)	
Vigour/ Activity						
Men	2.02	0.76	1.83	0.81	1.93	0.78
	(34)		(27)		(61)	
Women	1.81	0.74	1.85	0.77	1.83	0.75
	(75)		(71)		(146)	
Both	1.87	0.75	1.85	0.77	1.86	0.76
	(109)		(98)		(207)	

Note: Anger/Hostility Cronbach's Alpha=.89
Confusion/Bewilderment Cronbach's Alpha=.76
Tension/Anxiety Cronbach's Alpha=.86
Fatigue/ Inertia Cronbach's Alpha=.88
Depression/ Dejection Cronbach's Alpha=.94
Vigour/Activity Cronbach's Alpha=.86

Table 15

Degree of Actual-Ideal Coordination and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.72	0.70	4.05	0.65	3.78	0.74	3.26	0.91
Shame	1.22	0.35	1.27	0.49	1.36	0.62	170	0.93
Guilt	1.40	0.67	1.47	0.81	1.49	0.69	1.73	0.87
Vigour / Activity	1.93	0.65	2.09	0.84	2.08	0.71	1.54	0.74
Depression	0.30	0.38	0.32	0.40	0.42	0.47	0.82	0.89
Tension / Anxiety	0.62	0.43	0.50	0.48	0.74	0.63	0.95	0.79

Note: Sample size for positive self-discrepancy = 45
Sample size for no self-discrepancy = 27
Sample size for small self-discrepancy = 27
Sample size for large self-discrepancy = 71

Table 16

Degree of Actual-Ideal Appearance and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.90	0.67	3.55	0.81	3.36	0.97	3.05	0.82
Shame	1.24	0.41	1.55	0.48	1.74	1.03	1.76	0.98
Guilt	1.44	0.65	1.65	0.77	1.69	0.99	1.76	0.91
Vigour / Activity	2.00	0.74	2.15	0.90	1.74	0.68	1.51	0.74
Depression	0.36	0.45	0.43	0.44	0.69	0.87	0.85	0.88
Tension / Anxiety	0.64	0.58	0.77	0.61	1.01	0.70	0.91	0.76

Note: Sample size for positive self-discrepancy = 125
Sample size for no self-discrepancy = 8
Sample size for small self-discrepancy = 28
Sample size for large self-discrepancy = 45

Table 17

Degree of Actual-Ideal Strength and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.57	0.77	3.92	0.82	3.76	0.73	3.52	0.90
Shame	1.37	0.46	1.22	0.58	1.34	0.65	1.54	0.77
Guilt	1.44	0.63	1.39	0.73	1.44	0.55	1.69	0.88
Vigour / Activity	1.89	0.73	1.93	0.86	1.98	0.79	1.75	0.73
Depression	0.37	0.36	0.42	0.79	0.44	0.55	0.65	0.78
Tension / Anxiety	0.78	0.55	0.66	0.71	0.66	0.49	0.823	0.77

Note: Sample size for positive self-discrepancy = 39
Sample size for no self-discrepancy = 19
Sample size for small self-discrepancy = 63
Sample size for large self-discrepancy = 84

Table 18

Degree of Actual-Ideal Body Fat and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.73	0.79	3.15	1.06	3.46	0.94	3.11	0.73
Shame	1.37	0.69	1.15	0.19	1.56	0.54	1.91	1.07
Guilt	1.50	0.75	1.35	0.34	1.69	0.86	1.86	0.93
Vigour / Activity	1.92	0.76	2.03	1.20	1.68	0.76	1.62	0.67
Depression	0.44	0.64	0.60	0.31	0.71	0.69	0.95	0.69
Tension / Anxiety	0.69	0.65	0.59	0.46	0.94	0.68	1.10	0.61

Note: Sample size for positive self-discrepancy = 158
Sample size for no self-discrepancy = 4
Sample size for small self-discrepancy = 28
Sample size for large self-discrepancy = 16

Table 19

Degree of Actual-Ideal Endurance and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.60	0.58	4.07	0.69	3.79	0.76	3.52	0.86
Shame	1.25	0.44	1.13	0.27	1.33	0.48	1.54	0.81
Guilt	1.37	0.74	1.24	0.39	1.64	0.68	1.61	0.84
Vigour / Activity	1.84	0.54	2.18	0.91	1.95	0.83	1.79	0.74
Depression	0.27	0.28	0.26	0.20	0.46	0.59	0.60	0.74
Tension / Anxiety	0.69	0.45	0.47	0.47	0.66	0.52	0.83	0.71

Note: Sample size for positive self-discrepancy = 19
Sample size for no self-discrepancy = 21
Sample size for small self-discrepancy = 28
Sample size for large self-discrepancy = 135

Table 21

Degree of Actual-Ideal Women's Endomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.45	0.84	3.74	0.99	3.58	0.77	3.57	0.74
Shame	1.90	0.96	1.33	0.57	1.38	0.60	1.52	1.04
Guilt	1.80	1.09	1.51	0.77	1.49	0.73	1.50	0.75
Vigour / Activity	1.87	0.63	2.00	0.73	1.77	0.77	1.96	0.73
Depression	0.85	1.13	0.43	0.68	0.47	0.62	0.66	0.74
Tension / Anxiety	1.36	0.99	0.59	0.59	0.73	0.65	0.65	0.48

Note: Sample size for positive self-discrepancy = 8
Sample size for no self-discrepancy = 26
Sample size for small self-discrepancy = 99
Sample size for large self-discrepancy = 12

Table 22

Degree of Actual-Ideal Women's Mesomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.38	0.86	0.95	0.68	3.58	0.79	3.40	0.97
Shame	1.55	0.96	1.23	0.29	1.39	0.64	1.57	0.71
Guilt	1.45	0.75	1.50	0.58	1.53	0.84	1.62	0.63
Vigour / Activity	1.73	0.74	2.07	0.73	1.79	0.75	1.76	0.78/
Depression	0.53	0.67	0.28	0.31	0.53	0.73	0.65	0.90
Tension / Anxiety	0.70	0.52	0.53	0.38	0.79	0.74	0.79	0.87

Note: Sample size for positive self-discrepancy = 24
Sample size for no self-discrepancy = 30
Sample size for small self-discrepancy = 78
Sample size for large self-discrepancy = 12

Table 23

Degree of Actual-Ideal Men's Endomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.08	1.15	3.88	0.74	4.00	0.49	3.31	0.93
Shame	2.06	1.38	1.28	0.38	1.22	0.32	1.73	0.89
Guilt	2.25	1.21	1.47	0.68	1.39	0.50	1.62	0.62
Vigour / Activity	1.76	0.88	2.11	0.77	2.01	0.75	1.69	0.80
Depression	0.93	1.04	0.34	0.38	0.41	0.36	0.79	0.49
Tension / Anxiety	1.14	0.85	0.63	0.48	0.72	0.47	0.93	0.70

Note: Sample size for positive self-discrepancy = 13
Sample size for no self-discrepancy = 19
Sample size for small self-discrepancy = 18
Sample size for large self-discrepancy = 9

Table 24

Degree of Actual-Ideal Men's Mesomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride			3.90	0.84	3.86	0.62	3.52	1.00
Shame			1.37	0.47	1.26	0.40	1.67	1.03
Guilt			1.37	0.48	1.62	0.73	1.70	0.93
Vigour / Activity			1.94	0.88	2.28	0.64	1.73	0.78
Depression			0.43	0.43	0.37	0.31	0.71	0.78
Tension / Anxiety			1.00	0.63	0.61	0.48	0.89	0.69

Note: Sample size for positive self-discrepancy = 0
Sample size for no self-discrepancy = 8
Sample size for small self-discrepancy = 20
Sample size for large self-discrepancy = 33

Table 20
Degree of Actual-Ought Appearance and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.85	0.76	3.89	0.66	3.49	0.69	2.61	0.96
Shame	1.31	0.60	1.29	0.36	1.44	0.71	2.21	1.10
Guilt	1.49	0.70	1.64	0.81	1.47	0.75	2.07	0.99
Vigour / Activity	2.05	0.72	2.15	0.57	1.59	0.72	1.31	0.81
Depression	0.39	0.50	0.39	0.40	0.49	0.63	1.36	1.05
Tension / Anxiety	0.66	0.58	0.69	0.51	0.82	0.74	1.06	0.84

Note: Sample size for positive self-discrepancy = 91
Sample size for no self-discrepancy = 27
Sample size for small self-discrepancy = 64
Sample size for large self-discrepancy = 20

Table 21

Degree of Actual-Ought Coordination and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.76	0.74	3.79	0.82	3.78	0.69	3.24	0.93
Shame	1.24	0.46	1.38	0.70	1.33	0.54	1.72	0.94
Guilt	1.36	0.57	1.52	0.91	1.49	0.70	1.79	0.84
Vigour / Activity	1.98	0.75	1.96	0.79	2.05	0.69	1.49	0.71
Depression	0.35	0.40	0.40	0.49	0.45	0.56	0.80	0.91
Tension / Anxiety	0.63	0.49	0.61	0.51	0.74	0.69	0.96	0.77

Note: Sample size for positive self-discrepancy = 41
Sample size for no self-discrepancy = 42
Sample size for small self-discrepancy = 63
Sample size for large self-discrepancy = 59

Table 22

Degree of Actual-Ought Strength and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.82	0.74	3.77	0.72	3.60	0.83	3.38	0.92
Shame	1.20	0.32	1.27	0.40	1.56	0.93	1.56	0.68
Guilt	1.37	0.55	1.35	0.49	1.62	0.90	1.71	0.84
Vigour / Activity	1.98	0.74	2.05	0.84	1.89	0.77	1.60	0.71
Depression	0.33	0,37	0.36	0.45	0.56	0.75	0.70	0.77
Tension / Anxiety	0.62	0.55	0.58	0.53	0.79	0.64	0.91	0.78

Note: Sample size for positive self-discrepancy = 49
Sample size for no self-discrepancy = 19
Sample size for small self-discrepancy = 76
Sample size for large self-discrepancy = 56

Table 23

Degree of Actual-Ought Endurance and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.67	0.88	4.01	0.67	3.68	0.79	3.48	0.86
Shame	1.25	0.43	1.13	0.25	1.48	0.81	1.55	0.79
Guilt	1.38	0.42	1.27	0.41	1.68	1.00	1.63	0.80
Vigour / Activity	1.82	0.88	2.17	0.83	1.96	0.75	1.75	0.71
Depression	0.38	0.43	0.27	0.25	0.52	0.70	0.63	0.75
Tension / Anxiety	0.62	0.56	0.51	0.47	0.81	0.60	0.83	0.73

Note: Sample size for positive self-discrepancy = 24
Sample size for no self-discrepancy = 29
Sample size for small self-discrepancy = 43
Sample size for large self-discrepancy = 106

Table 24

Degree of Actual-Ought Body Fat and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.49	0.86	3.77	0.77	3.71	0.76	3.69	1.00
Shame	1.51	0.72	1.33	0.62	1.33	0.55	1.66	1.27
Guilt	1.67	0.87	1.41	0.65	1.46	0.69	1.59	0.68
Vigour / Activity	1.82	0.74	1.91	0.82	1.85	0.67	1.82	0.88
Depression	0.60	0.66	0.39	0.63	0.39	0.42	0.87	1.05
Tension / Anxiety	0.78	0.66	0.70	0.64	0.68	0.46	1.08	0.96

Note: Sample size for positive self-discrepancy = 100
Sample size for no self-discrepancy = 60
Sample size for small self-discrepancy = 31
Sample size for large self-discrepancy = 13

Table 25

Degree of Actual-Ought Women's Endomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.36	1.16	3.95	0.64	3.54	0.79	3.47	0.83
Shame	1.78	1.07	1.19	0.28	1.41	0.62	1.58	1.03
Guilt	1.76	0.99	1.28	0.43	1.56	0.79	1.57	0.75
Vigour / Activity	1.98	0.84	1.87	0.66	1.77	0.79	1.97	0.62
Depression	0.97	1.24	0.21	0.32	0.51	0.63	0.74	0.76
Tension / Anxiety	1.02	0.93	0.47	0.57	0.77	0.66	0.78	0.62

Note: Sample size for positive self-discrepancy = 10
Sample size for no self-discrepancy = 28
Sample size for small self-discrepancy = 95
Sample size for large self-discrepancy = 12

Table 26

Degree of Actual-Ought Women's Mesomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.26	0.78	3.98	0.71	3.56	0.77	3.23	1.11
Shame	1.49	0.67	1.24	0.42	1.47	0.75	1.38	0.82
Guilt	1.51	0.80	1.46	0.68	1.57	0.82	1.45	0.44
Vigour / Activity	1.73	0.73	2.02	0.78	1.78	0.74	1.55	0.84
Depression	0.54	0.52	0.33	0.54	0.55	0.74	0.71	1.03
Tension / Anxiety	0.80	0.48	0.50	0.48	0.83	0.78	0.60	0.68

Note: Sample size for positive self-discrepancy = 24
Sample size for no self-discrepancy = 37
Sample size for small self-discrepancy = 74
Sample size for large self-discrepancy = 8

Table 27

Degree of Actual-Ought Men's Endomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride	3.15	1.19	3.81	0.76	4.03	0.34	3.07	1.06
Shame	2.06	1.38	1.31	0.39	1.20	0.26	1.97	1.02
Guilt	2.23	1.23	1.53	0.67	1.44	0.52	1.50	0.58
Vigour / Activity	1.78	0.87	2.02	0.84	2.07	0.72	1.58	0.59
Depression	0.93	1.03	0.37	0.39	0.48	0.38	0.89	0.56
Tension / Anxiety	1.14	0.85	0.64	0.48	0.75	0.48	1.10	0.77

Note: Sample size for positive self-discrepancy = 13
Sample size for no self-discrepancy = 22
Sample size for small self-discrepancy = 18
Sample size for large self-discrepancy = 6

Table 28

Degree of Actual-Ought Men's Mesomorphic Silhouettes and Affect

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Pride			4.10	0.68	3.63	0.82	3.37	1.05
Shame			1.20	0.37	1.48	0.68	1.80	1.21
Guilt			1.43	0.74	1.66	0.71	1.79	1.04
Vigour / Activity			2.26	0.75	1.81	0.77	1.83	0.78
Depression			0.29	0.35	0.60	0.54	0.76	0.87
Tension / Anxiety			0.69	0.56	0.81	0.57	0.93	0.77

Note: Sample size for positive self-discrepancy = 0
Sample size for no self-discrepancy = 16
Sample size for small self-discrepancy = 28
Sample size for large self-discrepancy = 17

Table 29

Degree of Actual-Ought Endurance Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	21.59 (14)	2.39	23.04 (15)	3.96	23.07 (18)	3.41	22.49 (46)	3.45

Note: Sample size in parenthesis

Table 30

Degree of Actual-Ideal Endurance Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	21.93 (9)	3.27	23.38 (11)	4.52	22.66 (15)	2.80	22.45 (58)	3.35

Note: Sample size in parenthesis

Table 31

Degree of Actual-Ought Coordination Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	21.29 (20)	2.37	23.76 (23)	4.24	22.72 (30)	3.06	22.19 (20)	3.28

Note: Sample size in parenthesis

Table 32

Degree of Actual-Ideal Coordination Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	22.20 (23)	2.78	24.58 (13)	5.03	22.59 (32)	3.30	21.71 (26)	2.60

Note: Sample size in parenthesis

Table 33
Degree of Actual-Ought Strength Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	23.03	3.55	24.31	4.05	22.81	2.92	21.44	3.30
	(26)		(9)		(28)		(28)	

Note: Sample size in parenthesis

Table 34
Degree of Actual-Ideal Strength Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	23.83	3.89	25.80	3.03	22.30	3.26	21.35	2.60
	(19)		(8)		(29)		(38)	

Note: Sample size in parenthesis

Table 35
Degree of Actual-Ought Appearance Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	22.44	3.11	22.66	3.71	22.51	3.69	23.66	4.13
	(49)		(12)		(27)		(5)	

Note: Sample size in parenthesis

Table 36
Degree of Actual-Ideal Appearance Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	22.51	2.74	23.10	4.07	23.59	4.88	21.49	3.99
	(61)		(5)		(13)		(15)	

Note: Sample size in parenthesis

Table 37

Degree of Actual-Ought Body Fat Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	22.89 (44)	3.42	21.50 (28)	2.97	23.01 (14)	3.11	23.78 (7)	4.71

Note: Sample size in parenthesis

Table 38

Degree of Actual-Ideal Body Fat Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	21.94 (75)	2.68	20.15 (2)	1.48	25.15 (11)	4.73	26.76 (5)	4.84

Note: Sample size in parenthesis

Table 39

Degree of Actual-Ought Men's Endomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	20.29 (6)	1.38	22.39 (12)	2.83	22.72 (7)	1.33	32.10 (2)	2.55

Note: Sample size in parenthesis

Table 40

Degree of Actual-Ideal Men's Endomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	20.16 (6)	1.45	22.65 (11)	2.81	22.34 (7)	1.57	29.10 (3)	5.50

Note: Sample size in parenthesis

Table 41

Degree of Actual-Ought Women's Endomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	19.63 (3)	1.85	20.66 (14)	1.92	23.0 (44)	3.14	24.76 (5)	5.76

Note: Sample size in parenthesis

Table 42

Degree of Actual-Ideal Women's Endomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	19.3 (3)	1.61	21.15 (15)	2.48	22.93 (45)	3.14	24.20 (4)	6.49

Note: Sample size in parenthesis

Table 43

Degree of Actual-Ought Men's Mesomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	(0)		23.07 (10)	2.70	22.72 (10)	4.30	22.26 (7)	3.92

Note: Sample size in parenthesis

Table 44

Degree of Actual-Ideal Men's Mesomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	(0)		23.18 (5)	3.83	22.27 (9)	1.50	22.88 (13)	4.53

Note: Sample size in parenthesis

Table 45

Degree of Actual-Ought Women's Mesomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	23.07 (10)	2.47	22.27 (20)	3.74	22.75 (32)	3.41	19.98 (4)	1.64

Note: Sample size in parenthesis

Table 46

Degree of Actual-Ideal Women's Mesomorphic Silhouette Discrepancy and BMI

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
BMI	23.39 (9)	3.68	21.91 (15)	3.08	22.71 (39)	3.38	19.75 (4)	.61

Note: Sample size in parenthesis

Table 47

Degree of Actual-Ought Men's Endomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	68.62 (13)	63.82	65.32 (22)	49.82	56.78 (18)	25.11	40.83 (5)	18.90
Intended Physical Activity	83.46 (13)	78.12	68.25 (22)	54.08	63.61 (18)	27.93	56.0 (6)	16.06

Note: Sample size in parenthesis

Table 48
Degree of Actual-Ideal Men's Endomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	78.62 (13)	68.31	62.52 (19)	47.27	55.44 (18)	23.76	43.56 (9)	22.79
Intended Physical Activity	95.08 (13)	82.09	64.82 (19)	49.60	59.0 (18)	27.36	57.44 (9)	21.42

Note: Sample size in parenthesis

Table 49
Degree of Actual-Ought Women's Endomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	56.25 (10)	30.44	76.57 (28)	67.59	65.98 (95)	63.22	106.33 (12)	126.91
Intended Physical Activity	61.80 (10)	38.92	79.96 (28)	78.20	79.20 (95)	71.92	104.75 (12)	122.16

Note: Sample size in parenthesis

Table 50
Degree of Actual-Ideal Women's Endomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	54.25 (8)	34.12	65.17 (26)	61.91	66.34 (99)	63.53	128.25 (12)	121.01
Intended Physical Activity	60.88 (8)	44.37	75.88 (26)	73.03	77.09 (99)	71.03	129.25 (12)	122.42

Note: Sample size in parenthesis

Table 51

Degree of Actual-Ought Women's Mesomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	61.85 (24)	44.37	86.24 (37)	85.52	65.54 (74)	70.46	82.13 (8)	49.55
Intended Physical Activity	70.79 (24)	48.29	95.0 (37)	99.92	75.91 (74)	73.92	89.13 (8)	43.81

Note: Sample size in parenthesis

Table 52

Degree of Actual-Ideal Women's Mesomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	62.15 (24)	41.32	87.13 (30)	85.97	66.79 (78)	73.32	68.58 (12)	42.34
Intended Physical Activity	67.04 (24)	42.69	94.07 (30)	93.56	80.46 (78)	80.00	64.25 (12)	50.85

Note: Sample size in parenthesis

Table 53

Degree of Actual-Ought Men's Mesomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity			70.56 (16)	56.68	60.46 (28)	44.33	48.65 (17)	31.54
Intended Physical Activity			70.25 (16)	55.93	73.61 (28)	57.05	56.50 (17)	33.17

Note: Sample size in parenthesis

Table 54

Degree of Actual-Ideal Men's Mesomorphic Silhouette Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity			67.88 (8)	43.04	50.25 (20)	21.49	63.67 (33)	54.93
Intended Physical Activity			66.25 (8)	40.39	59.55 (20)	26.03	73.47 (33)	63.46

Note: Sample size in parenthesis

Table 55

Degree of Actual-Ideal Endurance Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	100.26 (19)	88.16	106.0 (21)	93.65	88.75 (28)	84.57	53.17 (135)	41.16
Intended Physical Activity	112.74 (19)	111.54	107.67 (21)	95.00	93.93 (28)	89.50	64.14 (135)	47.36

Note: Sample size in parenthesis

Table 56

Degree of Actual-Ought Endurance Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	88.71 (24)	79.28	101.79 (29)	92.88	65.49 (43)	59.46	54.04 (106)	46.67
Intended Physical Activity	94.58 (24)	88.73	106.07 (29)	101.08	78.13 (43)	62.71	63.85 (106)	54.50

Note: Sample size in parenthesis

Table 57

Degree of Actual-Ought Coordination Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	52.73 (41)	41.29	106.97 (42)	104.67	68.39 (63)	47.93	49.05 (59)	36.22
Intended Physical Activity	59.39 (41)	47.57	121.28 (42)	117.47	75.10 (63)	52.18	59.0 (59)	32.47

Note: Sample size in parenthesis

Table 58

Degree of Actual-Ideal Coordination Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	75.98 (45	73.62	90.22 (27	106.73	64.50 (64)	41.04	55.93 (71)	48.29
Intended Physical Activity	82.58 (45)	86.72	101.52 (27)	109.07	73.52 (64)	53.85	66.04 (71)	46.64

Note: Sample size in parenthesis

Table 59

Degree of Actual-Ought Strength Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	60.65 (49)	53.75	90.18 (19)	89.64	85.05 (76)	74.76	42.71 (56)	32.14
Intended Physical Activity	70.83 (49)	67.05	92.95 (19)	88.68	92.77 (76)	82.25	56.23 (56)	38.78

Note: Sample size in parenthesis

Table 60

Degree of Actual-Ideal Strength Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	74.92 (39)	62.75	80.32 (19)	90.07	82.62 (63)	77.35	50.15 (84)	37.79
Intended Physical Activity	87.49 (39)	79.40	82.89 (19)	84.24	89.67 (63)	85.54	60.61	41.43

Note: Sample size in parenthesis

Table 61

Degree of Actual-Ought Appearance Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	64.17 (91)	53.24	75.89 (27)	71.47	63.53 (64)	60.72	87.85 (20)	101.59
Intended Physical Activity	71.54 (91)	62.68	79.70 (27)	71.02	75.41 (64)	69.72	104.10 (20)	100.191

Note: Sample size in parenthesis

Table 62

Degree of Actual-Ideal Appearance Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	70.27 (125)	63.38	58.13 (8)	35.66	61.04 (28)	48.67	65.08 (45)	76.47
Intended Physical Activity	79.50 (125)	73.15	65.56 (8)	40.89	64.75 (28)	41.68	77.98 (45)	78.87

Note: Sample size in parenthesis

Table 63

Degree of Actual-Ought Body Fat Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	66.12 (100)	66.33	69.92 (60)	69.86	64.74 (31)	42.57	75.92 (13)	65.05
Intended Physical Activity	79.17 (100)	74.44	80.64 (60)	78.34	60.90 (31)	41.72	80.08 (13)	48.36

Note: Sample size in parenthesis

Table 64

Degree of Actual-Ideal Body Fat Discrepancy and Current/ Intended Physical Activity Levels

Variable	Positive self-discrepancy		No self-discrepancy		Small self-discrepancy		Large self-discrepancy	
	M	SD	M	SD	M	SD	M	SD
Current Physical Activity	69.10 (158)	59.31	64.25 (4)	69.39	76.25 (28)	93.16	39.31 (16)	28.29
Intended Physical Activity	76.77 (158)	67.32	82.50 (4)	83.05	93.82 (28)	92.50	46.06 (16)	29.43

Note: Sample size in parenthesis

Table 65

Correlation Between Self-Discrepancies and Affect

Physical Self-Discrepancy	Pride	Shame	Guilt	Vigour	Depression	Anxiety
Actual- Ideal Appearance Discrepancy	-.427**	.334**	.184**	-.260**	.316**	.210**
Actual- Ideal Body Fat Discrepancy	-.214**	.199**	.136	-.137*	.234**	.196**
Actual- Ideal Strength Discrepancy	-.054	.117	.135	-.077	.162*	.043
Actual- Ideal Endurance Discrepancy	-.135	.182**	.135	-.100	.196**	.140*
Actual- Ideal Coordination Discrepancy	-.236**	.251**	.156*	-.197**	.297**	.211**
Actual-Ideal Men's Endomorphic Silhouettes	.147	-.169	-.265*	-.103	-.091	-.016
Actual-Ideal Women's Endomorphic Silhouettes	-.020	-.071	-.062	-.047	-.028	-.118
Actual-Ideal Men's Mesomorphic Silhouettes	-.186	.187	.124	.219	.034	-.204
Actual-Ideal Women's Endomorphic Silhouettes	-.020	-.071	-.062	-.047	-.028	-.118

Table 66
Correlation Between Self-Discrepancies and Affect

Physical Self-Discrepancy	Pride	Shame	Guilt	Vigour	Depression	Anxiety
Actual- Ought Appearance Discrepancy	-.389**	.272**	.125	-.338**	.297**	.177*
Actual- Ought Body Fat Discrepancy	.114	-.034	-.094	.016	-.028	.033
Actual- Ought Strength Discrepancy	-.196**	.209**	.178*	-.177*	.216**	.168*
Actual- Ought Endurance Discrepancy	-.157*	.195**	.147*	-.116	.180*	.153*
Actual- Ought Coordination Discrepancy	-.219**	.218**	.180**	-.211**	.240**	.194**
Actual-Ought Men's Endomorphic Silhouettes	.130	-.162	-.295*	.005	-.078	-.062
Actual-Ought Women's Endomorphic Silhouettes	-.081	.013	.033	-.038	.022	.033
Actual-Ought Men's Mesomorphic Silhouettes	-.302*	.270*	.164	-.199	-.265*	.143
Actual-Ought Women's Mesomorphic Silhouettes	-.007	.028	.029	-.055	.075	.048

Table 67

Summary of Hypothesis of Actual-Ideal Physical Self-Discrepancies, Affect and Physical Activity Behaviour

Physical Self-Discrepancy	Affect	Behaviour	Status of Hypothesis
Actual- Ideal Appearance Discrepancy	Dejection - Related	No Physical Activity	Supported (Shame and Depression)
Actual- Ideal Body Fat Discrepancy	Dejection - Related	No Physical Activity	Not Supported
Actual- Ideal Strength Discrepancy	Dejection - Related	No Physical Activity	Not Supported
Actual- Ideal Endurance Discrepancy	Dejection - Related	No Physical Activity	Not Supported
Actual- Ideal Coordination Discrepancy	Dejection - Related	No Physical Activity	Supported (Shame and Depression)
Actual-Ideal Men's Endomorphic Silhouettes	Dejection - Related	No Physical Activity	Not Supported
Actual-Ideal Women's Endomorphic Silhouettes	Dejection - Related	No Physical Activity	Not Supported
Actual-Ideal Men's Mesomorphic Silhouettes	Dejection - Related	No Physical Activity	Not Supported
Actual-Ideal Women's Mesomorphic Silhouettes	Dejection - Related	No Physical Activity	Not Supported

Table 66

Summary of Hypothesis of Actual-Ought Physical Self-Discrepancies, Affect and Physical Activity Behaviour

Physical Self-Discrepancy	Affect	Behaviour	Hypothesis Supported
Actual-Ought Appearance Discrepancy	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Body Fat Discrepancy	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Strength Discrepancy	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Endurance Discrepancy	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Coordination Discrepancy	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Men's Endomorphic Silhouettes	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Women's Endomorphic Silhouettes	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Men's Mesomorphic Silhouettes	Agitation - Related	Maintain or Start Being Active	Not Supported
Actual-Ought Women's Mesomorphic Silhouettes	Agitation - Related	Maintain or Start Being Active	Not Supported